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V. 105
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Healing & Prosperity Thoughts

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AT TWELVE NOON EACH DAY REPEAT FOR FIFTEEN MINUTES, AUDIBLY AND THEN SILENTLY, THIS PROSPERITY THOUGHT.

(For an explanation of these thoughts turn to next page.)

UNITY

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UNITY

Devoted to Christian Healing

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Health and Prosperity

CHARLES FILLMORE

Thou Shalt Decree a Thing
The forms of things unknown, the poet's pen
Turns them to shapes, and gives to airy nothing
A local habitation and a name.
—Shakespeare.

TO DECREE with assurance is to establish and fix an ideal in substance. The force behind the decree is invisible, like a promise to be fulfilled at a future time; but it binds with its invisible chains the one who makes it. We have only a slight conception of the strength of the intangible. We compare and measure strengths by some strong element in nature. We say "strong as steel." But a very little thought will convince us that mental affirmations are far stronger than the strongest visible thing in the world. The reason for this is that visible things lack livingness. They are not linked with energy and intelligence as are words. Words charged with power and intelligence increase with use, while material things decrease.

It is not necessary to call the attention of metaphysicians to the fact that all visible things had their origin in the invisible. The visible is what remains of an idea that has gradually lost its energy. Scientists say that this so-called solid earth under our feet was once radiant substance. Nothing is really "solid" but the atomic energy latent in everything. They tell us that it takes some six billion years for uranium to disintegrate and become lead, and this rate of disintegration has helped scientists determine the age of the earth as about two billion years.

Since nothing is lost in the many transformations that occur in nature, what becomes of the energy that is being found in the disintegration that is going on in our earth? The answer is that a new earth is being formed in which matter will be replaced by atomic energy. This process of refining matter into radiant substance is taking place not only in the natural world but in our bodies also. In fact the speed with which the transformation takes place depends upon the character of the thoughts that we project into our brains and through them into our bodies and the world about us. This is why we should spiritualize our thoughts, and refine the food we eat to correspond. The press announces a great shortage of meat all over the world, with alarming predictions of malnutrition and race deterioration. Instead of a calamity this meat shortage will prove a blessing. New and better food will be found to replace the corrupt flesh with which people have been stuffing their stomachs. The call for stimulants, which the fermenting mess produces in digestion, will diminish and a purer, sweeter body and saner

mind will follow. The peoples of England forced by the economic conditions brought about by wars, are adopting a simpler diet, with better health; so says the public press. Thus what seems calamity turns out to be a source of joy.

At the present writing there is a housing shortage everywhere and the lack of materials and competent labor indicate that several years will elapse before the need will be met. This is counted a calamity, but is it? The inventive genius of man is planning houses of glass and other materials that will be much less expensive—more durable and in every respect superior to the present homes. When man gets his ingenious mind into action he always meets every emergency with something better. These many examples of the power of man's mind should make us pause when we are tempted to consider any situation disastrous, or nearly so. Every adverse situation can be used as a spur to urge one to greater exertion and the ultimate attainment of some ideal that has lain dormant in the subconscious. The pessimist moans, "I could make a better world than this." The optimist sings, "Go to it, that's what God put you here for."

People everywhere on earth are now realizing as never before that the well-being of this world rests with its inhabitants. It is no longer a religious dogma or a philosophical theory that the destiny of the race is in the hands of man. God has given all things to us to use as we shall determine. We can use the atomic energy to destroy or construct as we decree. "Behold, I set before you the way of life and the way of death."

The dominion and authority God gave to Hi image-and-likeness man has assumed such reality tha even the most trivial person can understand it an tremble at the prospect of what might come to pas if that dominion were used by vicious men.

Those who have recklessly gone on living withou seeking the wisdom of the source of life are now asking what shall be done to save us from the in sanity that would destroy our world.

The one and only answer of course is that th moral and spiritual standard of the race must b raised the world over, as the one and only ultimat source of safety. This means that every person mus begin on himself and, as it dawns, let the light shin by imparting it to others. If this method were followed universally the millennium would be upon us in a marvelously short time.

This is not a religious question but a matter of life or death; not a question of hell after death but of survival here and now of everybody and everything one holds dear. There are Hitlers still alive and others reincarnating. They must all be educated morally and taught the nearness of the spiritual man and the necessity of his incorporation into the consciousness of the natural man before permanent life can be established in the individual. This work is to be done for our race right here on this planet, and for this reason we who love the Lord and greatly desire that His law be fulfilled are calling all people to make haste and accept the abundant life and light which He so freely offers.

The Bible records many instances where marvelous results followed the observance of religious

rites in which trumpets took a leading part. The priests under Moses were ordered to blow trumpets before the ark; Gideon and his three hundred overcame a large army of Midianites by flashing lights, shouting, and blowing of trumpets; the walls of Jericho fell as the result of trumpet and voice vibrations. Isaiah says: "And it shall come to pass in that day, that a great trumpet shall be blown; and they shall come that were ready to perish in the land of Assyria [the psychic realm], and they that were outcasts in the land of Egypt [materialism]; and they shall worship Jehovah in the holy mountain in Jerusalem [spirituality]."

The trumpet sets up sharp vibrations in the ether, which cause disintegration when they impinge upon an object in the mental or material realms. These realms Isaiah symbolically refers to as Assyria and Egypt. Trained metaphysicians produce like results through the spiritual word, uttered audibly or silently or both. It is in this field of Spirit that Unity people are destined to do a great work in helping to educate people everywhere. By declaring and decreeing spiritually the words of Jesus and Jehovah we send into the ether a spiritual force that shatters the fixed states of consciousness holding millions in evil ways. In this way the doors of mental prisons will be opened to multitudes of sin-bound souls. Anyone who has faith in Spirit and the power of the word spoken in faith can send it forth, and like the radio oscillation, it will be picked up by receptive minds everywhere.

"Let your light shine before men; that they may see your good works, and glorify your Father who is in heaven."

Living Truth

ILLUMINATION

L. STEVENS HATFIELD

ONE OF THE MOST enlightening ideas we learn from a study of Truth is that of the formative power of our thoughts and words. From the story of creation in Genesis we infer that God first thought of His creation, formed it in His mind; for we are told that "the earth was waste and void." His first recorded word was for illumination: "Let there be light." Then follows the word for prosperity; the land was created, "and God said, Let the earth put forth grass, herbs yielding seed, *and* fruit-trees bearing fruit after their kind." "Of his own will he brought us forth by the word of truth, that we should be a kind of first-fruits of his creatures." Then came the word for health, wholeness: "And God saw everything that he had made, and, behold, it was very good." This pattern of creation is recognized in Unity's use of three class thoughts for each month: illumination, prosperity, and health. It is not by accident that illumination comes first.

In the study of Truth we read and hear a great deal about the light of Christ, and we enter into the realization that this light shines unceasingly, eternally, within us to give us the light and wisdom and understanding that we need to live balanced, serene lives. The apostle James described God as "the father of lights." In the 1st chapter of Genesis, verses 1 to 3, we learn that "in the beginning God created the

heavens and the earth. And the earth was waste and void; and darkness was upon the face of the deep: and the Spirit of God moved upon the face of the waters. And God said, Let there be light: and there was light." If you want a clear realization of this light, this illumination of the world, go into a room where the darkness is intense, where there is as little floor covering as possible and few if any objects. Stand in the darkness until you consciously feel the nothingness of it, "the earth waste and void"; then suddenly touch the electric switch and flood the room with light. You will know the meaning of illumination. You will know what God was about when He said, "Let there be light."

Every soul comes into the world bringing its own light and the power to radiate that light which is divinely natural to it. Why then should we let darkness and confusion reign in our mind and affairs when by our own decree of "Let there be light"—for we are like creators with God—we can fill our mind and body and affairs, in fact our whole world, with radiant Christ light?

Turn the Christ light on your every problem. How foolish you would think a person who sat in a dark room bemoaning the lack of light when all he had to do was reach out and touch a button to bathe himself in the radiant light of electricity. Yet how many of us sit in the dark and bemoan our fate when all we have to do is touch a button in our mind and be bathed in radiant Christ light.

You are a child of light. You bear the light of God wherever you go. You cannot be without His presence of light. The light of God is whatever in-

spires, illumines, guides, and governs you. When you were created by God you were given His light and life and wisdom and love and faith. It has always been yours. "God *is* the LORD, which hath shewed us light." The light of God is the light that gives you inspiration and revelation. You abide forever in the light of His understanding. As His son you know all things. The light of Christ within you is the light that illumines your way today, that reveals your good.

As you pray for spiritual illumination and meditate on the Christ consciousness deep down in the quiet of your inmost being you feel a glow resembling both light and warmth, as you let this light suffuse your inner and outer being your whole life prospect becomes radiant, you feel renewed, refreshed, inspired. There is no darkness now, the spiritual illumination of Christ is quickened in you. You walk serene and secure in the light. "The LORD *is* my light and my salvation . . . of whom shall I be afraid?"

Rejoice in your inner Christ light; let it shine through your thoughts, your spoken word, your body, your outer affairs. It will not only illumine your life but its radiance will bless all whom you contact so that you will be forever glorifying God.

Know: "The LORD *is* my light and my salvation; whom shall I fear. The LORD *is* the strength of my life; of whom shall I be afraid?" "Truly the light *is* sweet, and a pleasant *thing it is* for the eyes to behold the sun."

"For with thee is the fountain of life:
In thy light shall we see light."

This light which radiates from the Father illumines us when we become conscious of it and receptive to it. It is "the true light, even the light which lighteth every man, coming into the world." It makes Truth visible to us.

Every day make it a practice to thank the Father for an illuminated consciousness, an alert mind, a heart receptive to the guiding word, and you will be led along paths made light by the Christ indwelling.

Today the inner light shines within your soul. You know just what to do in every situation, and the solution to any problem you may have is revealed. The radiance of the light within illumines your way and your whole world is filled with spiritual light.

God in the midst of you is mighty to illumine. The light of His love goes before you. The light of His wisdom guides you. The light of His faith draws you on to the goal of achievement.

"The night is far spent, and the day is at hand; let us therefore cast off the works of darkness, and let us put on the armor of light." "Now *are ye* light in the LORD: walk as children of light." "All things when they are reproved are made manifest by the light: for everything that is made manifest is light." "Ye are all sons of light, and sons of the day: we are not of the night, nor of darkness." "Take heed, as unto a lamp shining in a dark place, until the day dawn, and the day-star arise in your hearts."

If you lack any good thing, health, wealth, peace, power, wisdom, it is because you have not illumined them with the faith of emotional ownership. Your lack is not because your desire is wrong. "Ye ask, and receive not, because ye ask amiss." The doubt of

darkness surrounds your desire. Turn the light of understanding on what you want. Illumine it with confidence and trust and faith and feeling, and know that "all things whatsoever that the Father hath" are yours.

You must think, feel, see, use. Use your imagination to paint the picture you desire to see come forth on the canvas of your life. See yourself flooded with the light of love, your desire flooded with the light of Christ. Go on from seeing the light to feeling it. When you can see yourself aglow with Christ light, when you can feel its warmth infolding you, you may know that you are being illumined, that light is shining on your pathway, there is a lamp for your feet. Go along the path until you can see yourself accepting that which you desire from the radiant Christ, the giver of all good gifts. Feel and see yourself accepting the gift. Take it, mentally if need be at first. Give thanks that it is now yours, and be glad of the gift and the giver. Hold to the thought of possession, flood it with Christ light; sooner will the heavens fall than that you will be denied your desire.

Light and joy are synonymous. When we feel joyous, filled with abundant life and well-being we want light. Weddings and birthdays and all occasions of celebration are accompanied by as brilliant illumination as can be afforded. Whoever heard of a picnic without sun? Sometimes a picnic is delayed because of rain. Are we happy? No. We feel as gloomy as the weather. There is a common saying: Let's have a bit more light on that subject before we decide. We want our problems illumined so we can see how to solve them. We put our plants in a

sunny window if we want them to bloom. We put little children to play in the sun if we want them to grow into strong, healthy adults. We turn the light of understanding, the radiance of joy, the illumination of thanks, on our problems when we want God to bless them and show us their solution. Which friend do you like best, the radiant, shining, joyous individual who gives you a feeling of standing on sunbeams, or the pessimistic, gloomy soul who is forever hanging crepe in the windows of the world?

We are told: "Awake, thou that sleepest, and arise from the dead, and Christ shall shine upon thee." "Come ye, and let us walk in the light of Jehovah." We are advised: "While ye have the light, believe on the light, that ye may become sons of light." Jesus said, "Ye are the light of the world." He also said, "Even so let your light shine before men; that they may see your good works, and glorify your Father who is in heaven."

We are told that fear lives back of all adverse belief. The majority of people fear darkness. If when a negative, a dark thought, tries to encroach upon our life and affairs we declare that God meant this for good, and if we then begin at once to think of all the good than can come of it—instead of thinking of all the negative things that can happen—we shall soon find that the light of Christ's understanding has overcome the darkness of doubt and brought good out of the seeming evil, first in our mind and then in our affairs.

Affirm and declare a favorable outcome for everything you plan to do. Never admit failure or even the possibility of failure. Surround your plans with

the white light of the Christ. Let its celestial fire consume all negative thoughts and the good you declare must be yours.

"Thou shalt also decree a thing, and it shall be
established unto thee;
And light shall shine upon thy ways."

Over and over Jesus implied that what He did was the result of consistent effort by which He had developed skill in applying Himself to the truths of God. He said over and over that what He did we could do if we would persist as He persisted, if we would practice as He practiced. It is this persistence, this practice, that we must develop in our search for illumination. We must tune in to the Spirit of light with such application of mind and heart as to fulfill the prophet's promise: "Jehovah will be unto thee an everlasting light, and thy God thy glory."

"Arise, shine; for thy light is come, and the glory of Jehovah is risen upon thee." Stay in that light as you go about your daily tasks. Feel its warmth and cheer. See it flooding your world, your work, your home, your friends, yourself. When you let the light of Christ illumine your thoughts, your heart, your understanding, your path of life will be paved with peace, and happiness and love.

"Thy word is a lamp unto my feet,
And light unto my path."

"He that doeth the truth cometh to the light, that his works may be made manifest, that they have been wrought in God."

"God is light."

The Universal God

FRED A. BARROW

THE USE OF the masculine pronouns "he" and "him" and "his" when speaking about God has fostered in the minds of men the false idea that the universal Spirit is a being of the male gender. This idea was strongly driven home to my mind when a religious old man spoke of God in a tone of strong conviction as "the Man in the Sky."

Now, as the Master said, "God is Spirit," and Spirit has no gender, being neither male nor female, being sexless. I believe that if we accept this thought as a truth we shall have a good base for the building up of a better understanding of the universal Spirit, the Spirit that pervades, that extends in and through and about, this illimitable cosmos of suns and planets, of earth and air and water, and of everything that dwells therein.

The Psalmist of the long ago wrote these lines:

> Whither shall I go from thy Spirit?
> Or whither shall I flee from thy presence?
> If I ascend up into heaven, thou art there:
> If I make my bed in Sheol, behold, thou art there.
> If I take the wings of the morning,
> And dwell in the uttermost parts of the sea;
> Even there shall thy hand lead me,
> And thy right hand shall hold me.

That ancient writer had a realization of the universality of the Spirit of God, while many persons in this modern age are still groping toward that realization, still influenced and impressed by the de-

lusion of "the Man in the Sky." The Psalmist also had a consciousness of the Spirit's ability and willingness to bear one up, to steady and strengthen one in any and all the vicissitudes of life. True he used the language of the poet, a strongly figurative language, as seen in his reference to the "hands" of God—poetic imagery that; for we know that Spirit has not the limbs or appurtenances of human beings, has not in fact any need of them any more than it has need of human eyes with which to see or of human ears with which to hear. God is per se all sense—all sight, sound, feeling, and so on. The old Hebrew poet also spoke of "the wings of the morning," a very beautiful but poetic figure of speech. "The letter killeth, but the spirit giveth life." Great teachers always have made use of figures of speech. Jesus Himself used them frequently, as we find in His recorded utterances. Said the Master, "I am the true vine, and my Father is the husbandman," a truly figurative expression but a clarifying one if read in the light of spiritual interpretation; for does not the husbandman care for and train the vine so that it may grow and bear good fruit? and did not the Spirit of God in Christ cause Him to make manifest the fruits of the Spirit, such fruits as love, healing, gentleness, understanding, and wisdom?

I once heard a preacher make use of the expression "when God walked this earth," referring of course to the period of Jesus' bodily existence. But it was not the human, walking body of Jesus that was God, but the Spirit that actuated this body. Artists and sculptors have tried to limn the body of the Master, the God-inspired One; at times rather

woefully, I think. What chisel or brush could possibly portray in human form all that pertains to the universal God; and no authentic description of Jesus has been handed down to us by His disciples and followers. We know only what He said and what He did: and Spirit is known to us only by what it does and not by what it is in itself. *Through* Christ was the Spirit of God made manifest to the minds of men: by word and deed He demonstrated that Spirit.

Jesus was well aware of the existence of the indwelling principle that actuated Him and motivated His words. In a loving and reverend way He spoke of God as "the Father," and He also knew when the Spirit within Him was at work, for the Master had Spirit consciousness. When a woman sick with an ailment of twelve years' standing touched the hem of His robe, Jesus asked of His disciples—much to their surprise; for there were throngs of people pressing about Him—"Who touched me?" He was conscious of the fact that a certain amount of spiritual power had gone forth from Him. The woman came and kneeled before Him and told Him the facts, and Jesus, all compassion, said to her, "Daughter, thy faith hath made thee whole; go in peace, and be whole of thy plague." And the woman was healed of the affliction that other physicians had been unable to cure.

We must get away from the idea that God is like a willing and beneficent human being hastening here and there in answer to our prayers, coming to aid us or going to help others. God is one Spirit, one divine principle, one divine power, in you and in me and everywhere in the universe at all times. As a Quaker

once said to me, "The Spirit in thee is the Spirit in me," intimating that the Spirit of God is not a divided Spirit but is a unity indivisible, eternally present and encompassing us on every side. To use an illustration, God is an ocean of Spirit that impinges upon and permeates every human being, even as the water that covers seventy-two per cent of the earth's surface impinges upon and surrounds the whole earth. As we know that without water the earth would be an unfruitful, sterile place, so we know that without the inflow and outpouring of Spirit upon humanity, mankind would be unproductive of those good works which are the fruits of the Spirit, and that men in general would lack those attributes of God which serve to ennoble them. As water is to the land, even so is the Spirit of God to mankind a healthful and constructive and altogether constructive force or power. But human pride and arrogance can build dams to exclude the life-giving and peace-giving and health-giving and prosperity-building power; of that we have had ample evidence during the past years.

You will remember that when Jesus was in Capernaum a certain centurion came to Him and said sorrowfully, "Lord, my servant lieth in the house sick of the palsy, grievously tormented." The compassionate Master offered to go with the soldier and heal the sick one. Then the centurion said with humility, "Lord, I am not worthy that thou shouldest come under my roof; but only say the word, and my servant shall be healed." So Jesus consented to heal the absent sick one there and then, and He said to the military man, "Go thy way; as thou hast

believed, *so* be it done unto thee." The servant was healed in that hour, without any physical contact with the Lord, without even a sight of Him. There was no need for Jesus to travel to the home of the centurion where the sick servant was; for His Spirit was one with the universal Spirit already in the palsied one's room restoring him to health from affliction.

Where we pray matters not, whether it be in church or at a bedside or as we walk the street or ply our trade or practice our profession; for prayer is a spiritual activity in which we immediately contact God. We know also that in prayer we must have faith, for incredulity or doubt acts as a dam to block spiritual activity. Said Jesus to the sick woman who touched His robe, "Daughter, thy faith hath made thee whole"; and He said to the Centurion, "As thou hast believed, *so* be it done unto thee." The affirmation "I believe," as an adjunct to prayer, has tremendous power; it can sweep aside any dam of doubt that may stand between us and the Spirit of God, the great and powerful source of all healing and of all supply.

A Greek philosopher and poet who lived over four hundred years before Christ said, "God is a circle whose center is everywhere and whose circumference is nowhere." Like the Hebrew Psalmist, he recognized the universality of God. We cannot touch a spot where God is not or conceive of a place devoid of the spiritual presence. That Spirit is with me as I write these words, and the same Spirit is with you who read them.

Now we know through Christ that the Father

is all-love and all-compassion; but we must remember that God also is all-wisdom and understanding, and not always does the Father grant to the children the things they desire, for we do not always ask wisely. Even earthly fathers do not give to their children things that might prove inimical to their welfare. Before we pray we should seek wisdom to pray for the right things. Our first prayer, I think, should be for wisdom; then by the light of spiritual wisdom we shall know what best to ask for in our prayers; and if we then ask in faith, and if what we ask for is good for us, we shall receive those things which we prayerfully desire.

Kneeling in the garden of Gethsemane, Jesus supported on His shoulders the sins and griefs of the world, and in the foreknowledge of the death that was in store for Him. He said, "Father, if thou be willing, remove this cup from me: nevertheless not my will, but thine, be done." Following the example set by our Master, let us therefore pray with courage, knowing that what is best for us and what is best for the world and our fellow men will be granted by that universal Spirit which we call God and which Jesus called "the Father."

How far that little candle throws his beams!
So shines a good deed in a naughty world.
Heaven doth with us as we with torches do;
Not light them for themselves; for if our virtues
Did not go forth of us, 'twere all alike
As if we had them not.

—SHAKESPEARE

The Mind of Christ

VAN SCOTEN

IT WAS THE apostle Paul that admonished us, "Have this mind in you, which was also in Christ Jesus."

This statement set me to thinking about the mind of Christ. Just what kind of mind did Jesus have? He had within Him God-Mind. We too have within us God-Mind, but it was because Jesus constantly recognized this mind within Himself that He was able to accomplish all the many wonderful things He did. He raised the dead and healed the sick, the lame, and the blind. He made demonstrations of prosperity, such as paying the tribute money with the shekel obtained from the fish's mouth. He turned water into wine at the wedding feast, and we find Him feeding the five thousand with five loaves and two fishes. Do you think that Jesus could possibly have accomplished all these so-called miracles if He had not sought and stayed constantly in God-Mind? His mind was stayed on God. He obeyed the law of mind, thus He was able to accomplish all things.

Let us think about God as mind. God as mind is the wisdom or intelligence (mind substance) that is back of all that exists. It is within the heart of man, in fact it enters into (lives and breathes in) every cell of our body. It is from this great source of infinite wisdom that man gets all his ideas. Have you ever thought what life would be like if man

had no idea with which to work, with which to build.

Read the life history of great men, artists, writers, inventors, scientists, and you will find how very important ideas are to them. Many of them admit spending much time in silent prayer with their Creator, in praying for ideas with which to carry on their work. God working in them answered their need by supplying them with the right material in the form of ideas.

I think we should do well to consider the phases of our mind, because I am sure that Jesus, who was the greatest of all metaphysicians, had a perfect understanding of the working of the mind. This understanding will help us to know the kind of a mind we have, how it works and what we can expect of it.

There are three sides or departments of mind, the conscious mind, the subconscious mind, and the superconscious mind. The conscious mind is that side of our mind which is in touch with the feeling, knowing, physical, outer world of materiality. It sees things as they exist to outer senses; judges things by appearance. It is not always a true judge unless it has been trained to follow this rule: "Judge not according to appearance, but judge righteous judgment." The conscious mind sees a thing and calls it good or bad acccording to its understanding.

The subconscious mind has been aptly termed by metaphysicians the "storehouse of memory." When we want to recall anything to mind we go to this storehouse. Its true purpose is to keep a file of all

the knowledge we have gained of ideas that will be of benefit to us in building the perfect Christ man, ideas that will help us to live the perfect life in the kingdom of heaven here on earth. Jesus said this kingdom is within us. I believe we might liken this subconscious mind to a cellar in which we have stored away not only perfect ideas of worth, but a number of time-worn, broken-down, moth-eaten, rusty ideas that ought to have been cleaned out and been gotten rid of years ago. But how we do love to hang onto these old rusty ideas, in the same way that we hang onto old clothes, furniture, knick-knacks, and whatnots stored away in our house, which have long since served their purpose and are no longer of any use to us or to anybody else. If we were to stand back and turn the light of Truth on this section of our mind we should find that it contains some worthless ideas and thoughts of sin, sickness, disease, hate, destruction, loss, lack, and limitation.

The superconscious mind is the Christ mind, that part of God-Mind which is within every individual, which was implanted within him in the beginning. It is from this part of our mind that all new ideas spring forth, for its source is universal Mind. We all tap this one source of universal God-Mind for new ideas. Do not confuse the Christ mind in you with universal mind, which is the source or whole of God-Mind and which pertains to all the ideas thus far manifested in the visible realm or world about us and all ideas that are as yet unmanifested. It is through the Christ mind (superconscious part of our mind) that we are unified

with universal God-Mind. Can you not see how closely related to, and how dependent we are on, universal Mind for ideas, sustenance, very life itself?

Let us look at the definition of "Mind" given in the *Metaphysical Bible Dictionary* (page 452): "By the term *Mind,* we mean God—the universal principle of causation, which includes all principles. . . . There is nothing but Mind and thought—Principle and its mode of expression. The things made, or externalized, are simply effects, and of themselves would quickly pass away; but Mind and thought are one and inseparable, self-existent and ever active, the cause of all that appears."

It has been correctly stated by metaphysicians that we live in a "mental" world, a world consisting of ideas. Thus we can readily see how important right thinking is, having the mind of Christ in us.

Mind is the connecting link between God and man. If it were not for mind how could we contact God and know Him as our Father, the giver of every good and perfect gift? In order to contact God we must put aside all material thoughts of this outer world and enter into the secret place of the Most High. Here in this place of prayer we find God and acknowledge our oneness and sameness with Him. "I and the Father are one." Through Christ (the Christ Mind) we shall know God.

Every morning as soon as you wake resolve to place a guard at the threshold of your mind so that only holy thoughts can enter in. Affirm: *"I have this same mind in me, which was also in Christ Jesus, and I will think Thy thoughts after Thee, O Lord."*

Each night before you go to bed look into your mind. What kind of thought pictures have you painted? Don't you like them? Well, don't blame anyone but yourself, for you're the one who painted them. Is it a beautiful picture of life, love, joy, sunshine, and abundance; or does it portray a horrible, grotesque picture, with gray dull shadows of evil, sin, sickness, and poverty lurking about? The Master Artist gave us access to universal Mind with its unlimited supply of beautiful ideas upon which we might draw. All we have to do is "call it forth." We need not be afraid that the supply will not last or that there will not be enough for all. God's supply is unlimited and inexhaustible.

If your body is not perfect look into your mind and see what kind of thoughts you are holding. "Have this mind in you [holding thoughts of life and health], which was also in Christ Jesus."

If you are not demonstrating your share of abundance look within your own mind to find out the kind of thoughts you have been harboring. "Have this mind in you [holding thoughts of plenty and abundance] ,which was also in Christ Jesus."

Are your business or home affairs in a muddle of inharmony? Look within your mind to discover if you are holding thoughts of peace or inharmony. "Have this mind in you [holding thoughts of peace and love], which was also in Christ Jesus."

There is not a problem that you have to meet or will ever have to meet that the Christ mind cannot solve. The thoughts you hold show forth in your life, your body, and your affairs. The trouble is in your mind; not in your sick body, your upset affairs,

your empty purse, or your terrible neighbors. When your mind is right everything else in your life will be right. The mind of Christ is able, willing, and ready to serve you. "Come unto me [the Christ], all ye that labor and are heavy laden, and I will give you rest."

A few years ago at a Unity center I met a young woman, the mother of three small children, who told me that she was afraid she was losing her mind. Not only was this thought affecting her mental condition; but it showed forth in her physical condition; for while she was dressed in expensive clothes she admitted her hair had not been combed or her face washed in a week. She was a pitiful sight. I said to her, "Dear child of God, don't you know that you have the same mind in you that was in Christ Jesus, our Lord, and that you can't possibly lose that mind?" I did not happen to see her again for some months. When I did go to that center again, what a changed person she was—radiant with joy and happiness, bubbling over with abundant life and health. She had grasped the truth of the Christ mind within her, which set her free.

If some negative thought comes to your mind ask yourself: Would Jesus Christ hold this kind of a thought? No. Then cast it out at once. Let it go. Have nothing more to do with it, for it is not a part of your true mind. The Christ mind in you is your true mind. Live in this Christ mind and radiate all good and perfect ideas forth from it. This is our work as children of God.

It is quite evident that Paul knew the importance of right thinking, having the Christ mind in us, for

in Romans 8:6 he said, "To be carnally minded *is* death; but to be spiritually minded *is* life and peace." My dictionary defines the word "carnal" as "pertaining to the body, its passions and its appetites; fleshly; sensual, impure; not spiritual, but essentially human; secular." The "carnal mind" is a consciousness that a person has built up for himself. In this consciousness he believes that the flesh body born of fleshly parents is the true body, which brings joy and pleasure and is finally overcome and dies. He believes in the material side of life, which is capable of sin, sickness, disease, hate, poverty, destruction. The thought of God seldom enters into this kind of mind, because it is so steeped in evil and worldly things of self.

To be spiritually minded means life and peace, health and happiness. Such a mind is possessed of the Spirit of God. We "inbreathe" it into every cell of our body. We acknowledge it as the only presence and power within us, above us, beneath us, and around us. A person who is spiritually minded holds Godlike thoughts; thus he lives a joyous, happy, radiant, abundant life as a true and perfect child of the Most High.

"Where do these error thoughts come from if there is only one mind?" you may ask. There is only God-Mind, Universal Mind, from which originates all perfect ideas. All is mind, everywhere evenly present. Each and every one of us, God's children, draw upon this infinitely vast storehouse for our ideas according to our needs. But what happens? Some of us take these ideas and lower them, degrade them, combine them in wrong relation to each other

in order to satisfy our own selfish desires. For example, let us take the idea love, which comes from the vast ethers of universal Mind. It is one of God's purest and most beautiful idea "gifts" to man. It's "what all the world's a-seeking," and we find it lowered to the lowest plane in human society, sinned against by those in marriage as well as out of marriage. This is not love as God intended it should be expressed by His children.

Let us think about wisdom. This gift of God is potentially in man waiting to serve him. We find men making unwise decisions and foolish moves in both home and business affairs, all because they do not call upon infinite wisdom in what they do. Then they blame God for their plight, when in reality if they had sought and prayed for right ideas, divine wisdom would have guided them and told them how to use these ideas so that a perfect condition would result. The idea at its source or beginning is perfect and is the pure essence of God-Mind.

In cases where love and wisdom play a part we can thus see that if we do not hold the right ideas, but instead misuse them and dissipate them in wrong use, we inevitably will have trouble and inharmony in our life. Do you now see where the error thoughts come from? Yes; from our own mortal mind, from our own creation.

Even God is not responsible for keeping our thoughts right. Each one of us alone has the right to choose the kind of thoughts that he wants to entertain. God made us free beings with the right to choose our own thoughts and ideas from the infinite and abundant storehouse of universal Mind.

He gave us the power to use them in right relation to one another, according to our understanding.

Be thankful that God gave you the right to choose your own thoughts and ideas and gave you the power and strength to hold good thoughts and so enable you to have within you that same mind which was in Christ Jesus, the mind of Christ.

I had a problem that I was working on with some difficulty. Somewhere I had failed. So I stood back and looked into my mind to see what kind of thoughts I was holding. Instead of releasing the condition I was holding onto it by thinking and talking about it. I was continually turning it over in my mind in order to determine the pros and cons of it. What would Jesus have done in this case? He who had the mind of Christ (God-Mind) would not have held on to this negative condition. He would have at once recognized that it had no reality in Divine Mind and would have cast it out with a "Get thee behind me, Satan."

The mind of Christ—did I have the mind of Christ? I must cast out of my mind all fear, hate, resentment, criticism, gossip, and the like if I would have the mind of Christ in me.

We can never hope to get anywhere or accomplish anything as long as we hold negative thoughts. There is no place in the Christ mind for anything other than Godlike thoughts.

Just think for a moment about the various minds you contact each day. Talk with a person for a few minutes and you can tell the kind of mind he has developed. Is he living in the outer material sense world? Does he talk of sin and disease and

aches and pains with all the details glamourously defined and elaborated upon? Does he express thoughts of fear and poverty and predict the worst? Does he broadcast hate and malicious gossip? Does he tell lies, risque jokes, and obscene stories?

What kind of mind has such a person? Look within your own mind and see what kind of a mind you have. What do you see? Does it please you? Nothing less than the Christ mind can ever please you for any length of time, for the Christ standard is the perfect ideal that we shall ultimately desire.

Sooner or later we shall all have to take an inventory of our stock thoughts and ask ourselves, "What kind of mind have I? Am I guilty of holding negative thoughts of sin, sickness, poverty, hate, and the like? Do I want to have the kind of mind that lifts others up or that drags them down by the words I speak and the thoughts I hold about them?" Paul said in Romans 12:2, "Be ye transformed by the renewing of your mind."

I took an inventory of my thoughts, and I frankly admit that I was guilty of holding a good many negative thoughts; gossip, fear, criticism, resentment, just to name a few of them. I resolved to turn over a new leaf and write a new name upon a clean white sheet. Was it easy? No, it was not easy at first. I had to give my friends notice that I was no longer interested in gossip, so-called "organ recitals," or tales of woe. I had to give my mind a good scrubbing and overhauling and then watch my every thought and be ever on guard to see that no old error thoughts seeped in. They did at first, but when they were given no welcome they made their exit.

Jesus must frequently have been surrounded by the negative conditions of His time and by people who expressed themselves negatively, but He lived so constantly in the Christ mind that these negative conditions left no imprint on His mind. There will be many times when we will suddenly catch ourselves thinking some old thought, but we must cast it out and neutralize it at once.

You may ask, "What am I to do if I find myself in a group where gossip and negative thoughts are being expressed?" If you find yourself in such a place affirm the truth that will make you free at once: "Be still, and know that I am God." It is surprising how our attitude and silent thought of Truth will clear the atmosphere. It is like an all-clear signal sounding and lighting the way for others. They too will grasp the light of the Christ mind, feeling its healing, cleansing glow, and be illumined by it.

The person who lets the mind of Christ find expression through him becomes a mighty force radiating life, love, and peace to all those with whom he comes in contact.

Let us get our Bible and open it to the Gospels. Let us read over the story of all the many wonderful things that Jesus did, the healings and miracles that He so marvelously performed. Think you that Jesus could have accomplished all these wonders if He had allowed Himself to be engulfed by the outer sense world of sin, error and hate? No, Jesus lived so closely in the Christ mind that He was able to accomplish all things. He promised to us, His followers, that even "greater *works*" than these shall we do also, if we follow Him.

Streamlined Living

DIRECT AND SYNCHRONIZE THROUGH DEDICATION OF TALENT

KATHRYN SANDERS RIEDER

IN APPLYING streamlining to trains, planes, and ships it was necessary to know the purpose for which they were to be used. The load, the places needing special strength, the conditions under which it was to operate, all had to be considered. Only as engineers and designers learned these things did they succeed with streamlining.

So in streamlining our life we take a similar view. Even when worry, regret, doubt, and shame are mastered, when we have learned to act, believing, when we have sought to match ability and effort, there is still an over-all principle that demands the welding of the whole into one piece. This is true even though we may have noticed an increase in power and a quickening of enthusiasm. We now need the gathering of these forces as the means to living the best possible life of dedication.

Jesus was dedicating His talents almost before others could understand. He was saying, "I must be about my Father's business." It is recorded how He grew in stature, in wisdom and in strength, and in favor with God and man. He went about quietly doing the thing nearest Him, asking no reward. Yet his life has had the greatest impact on civilization, and His way still beckons men on in the hope that a better world will surely come.

So many dedicate their life to money-making. Colleges are disappointed to find that a number of young people have no interest in a course unless it enables them to earn more money later. Teachers want students to see that living a good life in any conceivable circumstances, the full and intelligent use of God-given powers, is the only wise aim.

We see the good that money brings, yet we read that the love of money is the root of evil. We are glad to see that the love of money is considered less suitable today as a motive for doing one's best.

As a nation we may well lose the idea that money is worth dedicating our life to. Doing work that we like in surroundings that we like, receiving the approval of others for good work—certainly this is pay that all enjoy. We would rather do some work at less pay than other work at much higher pay, and this is as it should be.

Formerly the money motive occupied a large place in people's minds because money was thought of as insurance for the future. Over-all planning to see that people are cared for in difficult situations is now being given increasing attention in our national life. Through co-operation and planning it has been found that many things can be taken care of in better ways. With the fear of the future removed people will lose more of the desire to cling to money, for most people are in the habit of making good choices.

Economists tell us that the old Puritan ideal of hard work and plain living, so well suited to frontier and war conditions, is inadequate as a peacetime ideal. We are now a great industrial nation, capable of producing such an abundance that we cannot con-

sume it and needing to sell billions of dollars' worth of goods abroad to keep our peacetime economy going. They point out that if we work hard we shall produce great quantities of goods to be consumed, and we shall have not plain living but abundant living.

The man who lives frugally and puts aside every possible dollar may not be the admired man of tomorrow. With the emergencies planned for, and fear of them removed the man who lives abundantly, thus using the things produced and keeping the wheels of industry going, may be the most valuable citizen. This will be a complete change from the ideal of using as little as possible of scarce goods.

Today's demand is for a higher type of dedication than ever before, because the cost of our priceless liberty has been so high, the loss of the flower of our generation of men of promise. Men of genius, accomplishment, and great promise have been lost, and only the dedication of those who remain can bring the better world for which they laid the foundation. Looking at their gift to the world, we see the beauty and dignity of life and the work to be done by us.

Each one will find an individual way to make his contribution, but Paul's "One thing *I do*" will help him to bring his thought, strength, and purpose to bear on the ideal. It will unify his acts and make for the highest use of his talents.

One young man listened to similar advice from a successful uncle, and this was his reaction: "Oh, that's all right if you have talent. But I haven't any special talent." The uncle saw the boy taking the

common attitude of excusing himself in that way. "At your age I didn't know I could do anything either. I just jumped in and did the best I could. Thousands have done it, and you must do the same."

A minister preached a stirring sermon on the sin of being ordinary. He reminded his audience that all Christians were called to be extraordinary. He said that they were powered for it by God, just as Jesus' disciples were, that it was a mistake for us to judge ourselves by what we could do merely by our own strength.

Dr. Edward Rosenow of the Mayo Clinic resolved as a boy to dedicate his life to the allieviation of suffering. He had watched the light on the faces of his parents as the doctors told them that he, their son, would recover.

Seeing the relief and joy on their faces, he thought that nothing in the world could be so satisfying as to bring this same happiness to the faces of other men and women. He shaped his life to that purpose and became a great physician.

It is a person's dedication of his talent that releases his forces for the finest work. A young writer tried to write popular fiction although it gave him no feeling that he was doing anything important. Stories designed to while away a half hour for some reader seemed to him rather pointless. He decided that he would dedicate whatever talent he had to writing something that might help people get more from living.

Friends advised him not to go into the field of religious or character-building magazines. These magazines were not themselves in business to make

money and so did not pay good prices. If he kept trying they felt that he could make big money in the field he was ready to desert.

But the young man knew that any good writer has to go his own way. He did begin writing religious and "art-of-living" articles. He wrote more than he ever had done, and he earned a small but adequate income. Then an interesting thing happened. He saw that he could write fiction and articles for magazines of general appeal and include his ideas in a different form. He saw that it was no small thing to provide relaxation and refreshment through well-written stories.

Andrew Carnegie dedicated his life to making his mother happy. He saw how hard she worked, taking in washing, stitching boots for a man who made shoes. She washed and ironed Andrew's shirt each night after he had gone to bed, because he had but one. Sixteen to eighteen hours a day she toiled.

He loved her so much that he said to her: "Mother, I am going to be rich some day so that you can have silk dresses and servants and a carriage of your own."

In later life he said that his undying love for his mother was a driving force in everything he did. He came with the family to America. He worked as a messenger boy for fifty cents a day, a huge sum to him. He studied telegraphy at night and hurried down to work early to try it on the key. Then one morning important news came in; there was no operator to receive it. Andrew soon took the message and hurried it to its destination. He was given a job as operator at once.

When an inventor showed him a model of a new sleeping car, Andrew saw its possibilities and borrowed money to buy stock in it. It was a success, and Andrew Carnegie drew dividends from this investment amounting to five thousand dollars a year when he was twenty-five years old.

When he was a division superintendent for a railroad he noticed how the burning of wooden bridges delayed trains for days. Seeing that iron was the material of the future, he borrowed money and started a company building iron bridges. The profits were great. By the time he was twenty-seven his income was a thousand dollars a week.

He gave away $365,000,000, and he is said to have made more millionaires than any other man who ever lived. He liked to see his friends succeed, and he shared profits with his partners. Though a member of no church he gave away over seven thousand pipe organs. He had newspapers running contests and giving prizes for suggestions as to how he could best give away his money. He said that it was a disgrace for anyone to die rich. All this from a man who as a boy had had but four years of school, and who wanted above everything in his life to make his mother happy, to relieve her of hardship and poverty.

Dedication of our talents to a purpose not only fosters concentration, prevents dissipation of the forces for progress, but it also aligns us with the other constructive forces at work.

So many who have come to the point of deciding to dedicate their life have left the world better for that decision. Something in their experience set them

on fire; in an instant they saw the thing they wished to do. Often it seemed fantastic as an aim, but they were urged on by an inner conviction of unshakable strength. They knew the thing to be the one way in which they could make life seem free. Others might scoff at their hopes or laugh at their mistakes, but nothing mattered but the consciousness of the rightness of their course.

Streamlined living is not a privilege reserved for the few, for the intellectual, for those with much leisure in which to weigh and decide issues. It is meant for the many. Jesus always meant Truth for all. It was His ideal when He came saying: "I came that they may have life, and may have *it* abundantly." And by life He meant all the good we might imagine and more.

Though the words were different it was streamlined living He taught when He spoke of seeking first the kingdom of God and His righteousness. It was in His mind when He spoke of our dealings with others and taught us to do unto others as we would wish them to do unto us.

Streamlined living is as old as Truth and as new as tomorrow, for it is an ideal that lifts us to new hopes, new opportunities, and new joys. It says to us: "You can live a new and better way." The old world is gone and there are things that will never be the same. But we can live in a way that will help others more and at the same time bring each a deeper sense of fulfillment. It tells us: "You can see in the overcomings of others the hope for you. Let go of all that would hold you back, retain all that is good with grateful joy. Know something of the feeling of

ushering in a glad new year."

Standing by the grave of the Unknown Soldier, President Coolidge said: "We do not need more national development; we need more spiritual development. We do not need more intellectual power; we need more spiritual power. We do not need more knowledge; we need more character. We do not need more government; we need more culture. We do not need more law; we need more religion. We do not need more of the things that are seen; we need more of the things that are unseen."

Begin now. Do something each day to streamline your life. If there are old ideas, old fears, old worries that have held you back, cast them off. This is a new day, and the world is facing a new dawn. Learn to shed yesterday as a worn garment. Certainly it is the theme of the entire Bible that man was intended to walk with thanksgiving, doing his best and leaving the outcome trustingly in the hand of God.

EDITOR'S NOTE—This is the last of six articles by Kathryn Sanders Rieder. The series began in February 1946 UNITY.

Who made the heart, 'tis he alone
Decidedly can try us;
He knows each chord, its various tone;
Each spring, its various bias.
Then at the balance let's be mute,
We never can adjust it;
What's done, we partly may compute,
But know not what's resisted.

—ROBERT BURNS

Tomorrow Belongs to God

HAROLD S. KAHM

THE INTERESTING fact about troubles is that they seldom exist! This seems like a preposterous statement, doesn't it? But it is quite true.

Take the case of the fraternity initiate, for instance, who was told he was to be branded with a red-hot iron. His knees shook at the very thought of it. His imagination raced ahead, and he could almost feel the searing hot iron against his skin, and he could very nearly smell the burning flesh.

The boys allowed him plenty of time to think about it. Then at last they blindfolded him, after some ritualistic mumbo jumbo, and a piece of ice was touched to his bare back. The boy screamed with pain and fainted dead away. His fraternity brothers roared with laughter, not because they were cruel but because they were too young and inexperienced to realize that mental torture can be even worse than its physical counterpart.

But here is the point. This initiation victim suffered badly not because of anything that was done to him but because of the injury he expected. If he had had a little faith he would have known that his friends were not actually going to brand him. But that is the secret of many "successful" initiation stunts; the initiate's lack of faith causes him to expect, and thus receive, imaginary trouble, which affords great amusement to the onlookers who know he is not really being hurt at all.

It is that way with most human troubles. So many of us are bitterly afraid of that approaching branding iron—which generally turns out to be a bit of harmless ice. The real trouble is not the trouble itself but our painful and unnecessary worry about it!

Do you believe yourself to have some trouble at this moment? Just pause and examine it carefully. Is it an immediate trouble, existing right now, in a very real and physical way, or is it a trouble you expect to have later in the day, tomorrow, next week, or next year? In other words, does this trouble exist in reality or in your mind? You'll probably discover that most, if not all troubles, live only in your imagination.

Not long ago a woman came to me in tears. "What am I going to do?" she cried. "My rent is due next week, and I haven't got the money for it. I don't know what to do. I'm going mad."

"That's serious," I agreed. "It's so disagreeable sleeping in the street with your family. Do you think you'll choose a park or just the curbstone?" My tone was very serious.

My words shocked her into a different mood. "You needn't make fun of me!" she retorted indignantly. "This is very serious. It's nothing to laugh at, I assure you!"

"I'm not making fun of you," I replied earnestly. "I'm merely asking some practical questions. I only want to help you. After you've been evicted for nonpayment of rent, where exactly do you plan to sleep? Have you considered the railroad station? What about trying different hotel lobbies—a different one each night?"

She stared at me incredulously. "Do you actually

expect me to sleep in the street?" she demanded. She could hardly believe her ears.

"No, I'm just wondering if that's what you're planning to do," I replied. "Are you?"

"Of course not!"

"Oh, then you do expect something to turn up to prevent you from moving into the street?"

"I don't see what can possibly turn up. I've tried everything, everything! It's just no use."

"Pardon me," I interrupted, "but let's get this straight, shall we? Either you expect to sleep in the street or you don't. Now which is it?"

She was angry again. "Of course I won't sleep in the street," she nearly shouted. "Neither will my children!"

"Oh! Then you do have faith that you won't be without shelter. Is that right?"

She seemed a little startled. "Well, I—I suppose I do, in a way." She admitted. "But"—she shook her head—"I still don't see how——"

"Why not let that trouble take care of itself when it comes?" I suggested. "You've admitted yourself that it isn't actually here now. In fact it doesn't exist right now at all, does it? You still have your apartment. Nobody's thrown you out. Why all the tears and excitement? Why not wait and see what God will do about it when the right time comes? You've already expressed your faith."

My friend left me at last. I was not worried about her at all. I knew that her faith would pull her through. Two days later, rummaging through an old trunk, hoping to find something she could sell to raise money, she ran across some old books. One of them

was a rare first edition. She didn't know this. But an honest book dealer offered her seventy-five dollars for it—and wondered why she burst into tears. That money was more than enough to pay her rent. And a week later she had found satisfactory employment.

You will note, I am sure, that at no time had she been thrown out of her apartment. Yet this was the trouble that haunted her. It was a trouble that did not exist. It was certainly not her worrying about it that prevented it from happening in reality! Her worry did nothing but plunge her into an abysmal grief. It was her faith, not her worry, that dealt with that so-called trouble, at the right time.

This matter of something coming up at the last minute is a common human experience. It accounts for the fact that our worse fears are seldom realized. The explanation is that most of us, deep in our heart, have at least a grain of faith, faith that somehow we shall be saved from the final, awful catastrophe. Something usually happens to save us. That is why worrying about trouble is such a frightful waste of time and energy.

The real truth is that we create trouble when we believe in it and anticipate it. Few human troubles are real and material. They are almost invariably troubles that are expected, not troubles that actually exist. There is not such a tremendous difference between them! It is the difference between fear of hunger and hunger itself, well illustrated by the man who suffers quite as much in the dentist's reception room as he does in the operating chair. A pain imaginatively pictured in the mind is just as distressing as the

genuine article. This is true of every kind of human trouble.

But here is the vitally important fact. Everything that a man creates in a material sense he must first conceive in his mind. If you wish to build a chair you must first imagine that chair. If you want to bake a cake you must first think about that cake and anticipate it. What we think we tend to create. To anticipate trouble is to create it in two ways. First, we achieve the misery of worrying about it; secondly, we set in motion the basic law of manifestation, which projects into the material world and in material form the intangible products of our creative thinking.

Jesus Christ declared in the clearest terms and with the utmost forcefulness: "Be not therefore anxious for the morrow: for the morrow will be anxious for itself. Sufficient unto the day is the evil thereof." When we follow this perfect rule, our troubles vanish into thin air! For they are almost never today's troubles!

He also pointed out the inexorable truth that "Whatsoever a man soweth, that shall he also reap." When we sow thoughts of trouble, trouble is what we reap.

"Yes, that's all very well," I hear some worried ask; "but how can I help worrying when this or that thing is before me?"

There is one perfect answer, an answer that I have found never fails, and that is to recognize, realize, and wholly accept the final truth that tomorrow belongs to God.

Tomorrow belongs to God.

Tomorrow may mean next year, next month, or

the next five minutes. But as long as it is beyond the immediate present, we have absolutely no control over it, save through our complete faith in the wonderful goodness of our Father. He alone is the master of the world and everything in it. He alone has the power to alter any circumstance. He alone has the power to grant our dearest wishes. We are wholly and completely in His keeping every moment of the day.

If you cannot trust Him, whom can you trust? Or as the Master expressed it, "If the salt have lost its savor, wherewith shall it be salted?"

We must make our choice between happiness and unhappiness. To worry about the future is to take the latter path, with all its dark woes. To cast aside all apprehension for the future, and to turn confidently to God as a little child to his father, is to choose perfect happiness.

Examine your troubles carefully. How many of them exist today? How many of them actually do not exist today at all but belong in the world of your imagination? Cast them out! And proclaim to yourself and to others the supreme truth that tomorrow belongs to God!

He will not let you down.

Here is the Truth in a little creed,
Enough for all the roads we go;
In love is all the law we need,
In Christ the only God we know.

—EDWIN MARKHAM

Health for You Now

EDNA TRADEWELL

COUNTLESS NUMBERS of persons are clamoring for health. They are searching for it everywhere. They are trying to coax it into their experience by every conceivable method.

And rightly so; for health is the first requisite of satisfactory living. Health is basic. Health is necessary for successful living. Without health and what it implies—strength, vitality, life, power, and supreme energy—how crippled a man is.

A woman pleaded with me the other day to tell her the secret of strength. She said she wanted it more than anything else in the world. "What book shall I read? Where can I find the 'how' of becoming strong?" Her great need for strength set me to thinking about health and all the good that health implies.

How can we become healthy and strong and vital and make sure that we are not prevented by fatigue and weakness from attaining our goal?

Health is for you now, right this instant. It is yours for the taking. It is mine for the taking. God is health, and there is no limit to the perfection of God. Thank God for it.

In building a consciousness of health you can, as Shakespeare advises, "assume the virtue." Regardless of the present condition of your health, accept health into your life. Think in vivid terms of health. Feel health. Imagine graphically how you would look and act and feel if this very instant you were "healthy."

The first step in bringing forth a consciousness of health is to dwell in and on the idea of health. Not health at some future date; we do not want to chase health as if it were constantly just ahead of us. Get the consciousness of "nowness." Health is for you now.

Substantialize the idea of health by repeating: "I am a sound, healthy mind in a sound, healthy body, doing sound, healthy works with sound, healthy results."

Think up some original affirmations of health or recall some stimulating ones that you have picked up in your reading or in classwork. As you say them let your expectation of good results from the very saying of them give them a neonlike brilliance in your life. Thus you will hasten their expression in the now.

Here are some statements that have meant liberation into health for me: "I feel health, strength, comfort; I feel whole, sound, perfect; I feel new, fresh, vital." "I feel the glow of new life." "God in the midst of me is mighty to quicken, to strengthen, to heal, to vitalize, to renew, to make whole." "A mighty God power wells up in my being, purifying, vitalizing, energizing, rebuilding, renewing, reconstructing, healing instantly and forever."

Right along with the seeking of greater health, it is wise to ask for greater wisdom so that we may use the new health to the glory of God; for the glorification of the Father; and not for personal gratification; for the building up of ourselves and others and not the tearing down of anyone.

Now that we have established the health idea in our consciousness, how can we operate in accord with this idea and thus bring it into our experience *now?*

One of the greatest co-operating aids in the pursuit of health is being joyful. Sing, and then sing some more. If we keep this singing up long enough, the miracle will happen. We shall be divinely surprised to discover that we are actually, deeply, and joyfully glad. Gladness produces health, for all things respond to the call to rejoice.

Many good things are indicated by the very fact that we are joyful. We cannot be joyful and worryfull at the same time. When we are joyful, worry is out completely; and isn't it a priceless experience to be free from worry?

Tune in to joy. Dwell on everything and everybody that has a joyful spirit. Be indifferent to the sour faces. Vinegar never did attract. Honey always does. Be joyful with all who respond to the call to rejoice. All things gather where life is a song. "The joy of the Lord is a wellspring within me, and I am established in instant results."

The joyful have faith in God; otherwise they wouldn't be joyful. If they had faith in evil, they wouldn't be radiant with joy. They would be fearful.

A big, long step toward health lies in the co-operation of a joyful heart, and to make your joy a strong, steadfast joy that does not effervesce into dissipation, practice self-control and self-containment. Rest in a realization of peace, calm, poise, tranquillity, serenity. Conserve the forces within you so that when you want to perform you can perform strongly, with plenty of spiritual power.

We are admonished to conserve our outer resources, to save money, to save up possessions. And perhaps we are not ill-advised but how much more

important it is to conserve the very life forces within us. With plenty of life directed healthward, we can always earn money and buy possessions, but without health, without life and vitality, we cannot even enjoy what we already possess.

If we are wanton in expending our life, dissipating it in anger and hatred, prone to be taken off our feet by every emotion that flashes through us, then our power is depleted and we are found wanting when the time comes to express ourselves in our chosen mode of expression. To build up a reserve of power within us is the wise method to use in building a strong consciousness. Waste in the use of our energies makes a weak man, a sick man, a poor man. By conserving our life forces we build a strong consciousness, a healthy consciousness; become a man of poise, wisdom, and discrimination.

The strong man is the harmonious man. Discord tears down, destroys. Harmony builds up, strengthens, heals. All is divine harmony, joy, gladness, delight. I sing for joy! I abide in peace!

The harmonious man's life is one that is smooth-running. There are no sharp corners, no jars, no jagged edges. The harmonious man's life is liquid with smoothness. Harmony builds for strength. If you would be strong, be harmonious.

Strength and health are interdependent. You cannot imagine strength without the health that produces it; and how can a healthy man be weak? The healthy man has power, life, action, for these are the results of being healthy.

Fearlessness, bravery, courage, can make a strong man out of a weak one, but fear can even make a

weak man out of a healthy one. If you would build health and strength into your consciousness, master the arch-enemy of mankind, namely fear. Fear makes a pigmy out of an individual who could otherwise be divinely gigantic in consciousness.

In building courage and fearlessness into your being, try these affirmations: "I am God's perfect child; I am victorious, undaunted, a bringer of good." "I am firm, strong, positive, convinced, triumphant, unyielding, invincible, irresistible."

The truly healthy man is an enthusiastic one. But even if you are not manifesting all the health you should like, try enthusiasm as a tonic for a new zest in life. Zeal is interest; zeal is interest in life and in living it to the full. Enthusiasm gives sparkle, shimmer, and luster to the living of life.

"Enthusiasm," Charles Fillmore tells us, "is the difference between a man of genius and one of mediocrity," and this applies to health as well as self-expression.

If you would express greater health, toss a generous amount of enthusiasm into the ingredients that make up your health. It will add flavor.

Faith in health rather than fear of ill-health will take you into health by a fast, smooth route. Faith lays hold of the very substance of health, and presto, it is manifested. Believe in God, have faith in God, rely on God. Believe persistently that God in the midst of you is mighty to quicken, to strengthen, to heal, to vitalize, to renew, to make whole.

To become healthy be open and receptive to God, to that which is of the light, to that which is constructive and desirable. Close the doors on darkness

and on that which is undesirable.

Eschew all indulgence in emotions of hate, greed, jealousy, and malice. Have no time for darkness. Cleanse your consciousness of everything that would keep you from your good, thereby allowing the light to shine through with dazzling brilliance. Say to yourself until you believe it and know it and realize it: "I am now aflame with the dazzling brilliance of the Jesus Christ consciousness."

To experience health we have to be stabilized. We must not be vacillating, not here in thought today and there in thought tomorrow; not procrastinating but reliable, dependable, stable with the shining star of health ever brilliant before our vision.

To be perpetually healthy one must learn the art of relaxation. It is a fine art, a very fine one. After you have done all you think you should do about your health program, then let go. When you let go, God has a chance to perform His part.

To be healthy on all planes of existence a person must have a purpose, a very definite purpose. He must know "why" he was embodied and what he is going to do in this embodiment. The healthy man fulfills the purpose for which he was put here, and if you are not as healthy as you want to be, get a purpose anyway and give all your possible strength to the carrying out of this purpose. If you have a purpose, a great, big, fine purpose and love this purpose, life will flow to you and through you to carry it out, and then you will experience a healthier health than you have ever experienced before!

If you would be healthy, radiate love. Be a tower shining with the beacon of love. Love God, have

faith in God, rely on His goodness. A consciousness of love heals. Jesus was the greatest healer of humanity because He was the greatest lover of humanity. All other qualities of consciousness fall flat without the bell-like, victorious tone of love.

If you would be healthy give plenty of time to contemplating the shining character of Jesus Christ, a dazzling example of what health can be and will be even among us in terms of the physical, the mental, and the spiritual. Jesus, a man so healthy, so vital, so dazzling with the Christ light that He raised the dead, healed the sick, cast out demons, and a man so strong of mind and spirit that He instructed others to do things as great as He had done and greater—Jesus not only told them but instilled in them the desire to heal the sick, cast out demons, raise the dead.

Jesus Christ, the healthiest consciousness we know anything about, and a man so magnanimous that He realized in unfoldment that there is no end, hence gave this promise to you and to me: "He that believeth on me, the works that I do shall he do also; and greater works than these shall he do."

Yes, to attain to the scintillating health of Jesus Christ think on the characteristics that, blended together, make up this divine emancipator of humanity: compassion, tenderness, kindness, strength, beauty, understanding, courage, love, and vision.

Yes, this is the health you and I want, Christ health, flaming, victorious health; and this Christ health is right here, right there, everywhere, for you and for me to partake of.

Health is for you now.

The Progress of the Unity Temple

The home Temple of the Unity movement now being erected in the beautiful Plaza district of Kansas City, Missouri, is lovingly fostered by Unity students in all parts of the world.

Costing over half a million dollars, the Unity Temple will stand out as a structure of architectural beauty and also as a stronghold of Truth of which Unity students the world over may be proud. The blessings that accompany each contribution to the Temple Fund give us assurance that the foundations of the Temple are being laid in Spirit and that it shall serve perpetually the Truth it represents.

It is the earnest prayer of Unity students everywhere that this building be paid for as it is erected. That this prayer is in divine order is being proved by the offerings that are now coming from Unity students all over the world who wish to be recorded as participants in the building of the Temple. Already ten thousand persons have contributed nearly half the amount needed. So it is in a spirit of thanksgiving and prayer that we go forward to the completion of this temple, dedicated to Truth seekers everywhere.

Greater Love

JOHN E. MANOLA

LOVE IS AS essential to victorious living as air is to the health of the body. Without it we should soon lose ourselves in a maze of mental and emotional entanglements, and though we had a deep intellectual grasp of Truth principles, the activating and harmonizing qualities of love would be needed to transform this knowledge into practical usage. Without a doubt love is the keynote of our life, the very spark that animates our being, and when we let it have undisputed sway in our heart and mind, it shines before us, a radiant light making plain our way.

There is not one of us who has not in some measure experienced the warmth and beauty of this God-given attribute. Because of it our life has been set aglow with new impetus and joy, and there is a quite universal acceptance of the fact that love is infinitely victorious over the world of appearance, with its boastful claims of force and might. Unfortunately however an element of selfishness has befogged the vision of too many individuals. Instead of allowing love to complete its perfect circle of transforming activity, there is a tendency to try to confine it solely to our own "private world." Because of lack of understanding of the true nature of love we seem to hesitate a bit when we come to enlarging the borders of our heart. But this hesitation and fear need not be, for our path has been blazed before us by the living

example of Jesus Christ. By virtue of His unreserved surrender to the love principle this radiant person has become the unquestioned authority from whom we can glean the necessary information and help needed in the unfoldment of the love faculty. He has, as it were, gathered up all the straggling loose ends; He has become a focal center of the strivings of groping humanity. Love as He expressed it through Himself has become a magnetic center that will not cease in its activity until all mankind has been drawn into its healing presence.

"Love one another, even as I have loved you" is the wise injunction of the Master. In Him, His life, and His words we shall find the most valuable truths concerning the expansion of our consciousness of love. As we contemplate the life of Jesus, we note with interest that it is as full of little kindnesses as it is of transcendent miracles. When He was closely pressed upon by the unthinking curious crowd, He was not so jostled out of communion with God that He was unaware of the needs of an outreaching soul. When the timid woman but touched the hem of His garment, He stopped immediately, and we can imagine He smiled most understandingly when He said, "Daughter . . . thy faith hath made thee whole." In the midst of endless activity He found time to talk and laugh with little children; and when His friends had need of wine to add to the success of their banquet, He supplied their need. Filled to overflowing with the Bread of Spirit, still He remembered most lovingly the bodily needs of the five thousand gathered before Him, and when a woman washed His feet with her pent-up tears of gratitude, He put her

at ease with gracious words of acceptance of this gift of love. And then, most sublime of all, when He was physically helpless, nailed to the cross, He paused in this most tragic moment of His life to speak to His mother and beloved disciple, placing them in each other's keeping. Surely this is reason enough to make us all stop right where we are and reflect deeply upon the greater love that finds so much genuine pleasure in doing little considerate kindnesses. Every day we are surrounded with innumerable opportunities to bless, cheer, and comfort. Beginning with our own little circle of friends and dear ones, our efforts will grow to include all humanity in every prayer we breathe forth. Even in those who seemingly antagonize us, we shall find an angel lurking, as soon as we release the unkind criticism that blurs our vision.

If we are to let the Spirit of God work more fully through us, we cannot waste our energies in criticising and judging falsely. We must "judge not according to appearances, but judge righteous judgment" on all occasions and in all conditions. In the midst of outer whirlwinds we must center our thought in the stillness of God's presence within us, and where the oddities and annoying qualities of others assume gigantic proportions through the distorting glass of our criticism, we must penetrate deeper with the eyes of love until we see the living Christ within their souls. Criticism keeps our consciousness on the level of the thing we are criticising, and so it is plain to see that we are hurting none but ourselves by cutting ourselves off from the inspiration of the Almighty. The love that Jesus Christ

exemplifies recognizes but one presence and power, and as soon as we begin to focus our vision accordingly we shall be amazed at the transformation that takes place before us. The desert will literally "blossom as the rose," for where before we were aware of unpleasantness we now behold only beauty and reality. Everybody is functioning on a different plane of consciousness, a truth that will enable us if we realize it, to deal more understandingly with the opinions and desires of those about us. What is good for one is not necessarily good for another. We are placed on the earth to share, comfort, and uplift in any way we possibly can, and until we begin to apply love in our life right where we are our words will be merely "Peace, peace; when there is no peace."

We do not have to be afraid of letting more love into our life, for in so doing we lose nothing; on the contrary all is fulfilled and enriched. Love is never radical in its workings. It does not have an undertow that sweeps the unsuspecting soul off balance, carrying him out to depths beyond his understanding. The unfolding spirit of love within us is the most orderly and harmonious of activities. It brings before us nothing greater than our understanding can overcome, and for every problem that presents itself love will provide us with the right solution and answer if we will but "be still, and know" our oneness with it. The wonderful revelation is this: the love that Jesus so beautifully exemplifies is meant to apply also to ourselves. Our own individual being needs as much love from us as it does from our dear ones who have been sent to bless our life. We must praise unceasingly the life within us, and when we

falter we must forgive ourselves and immediately arise with greater determination than ever before. Jesus in His unquestionable wisdom has instructed us not to pluck the tares from our grain while we are still seeking the light. "Loose him, and let him go." We must center our thoughts in God, in life, in health, in purity, and everything undesirable will quite automatically be taken care of. There is no anti-anything in the Christ spirit. It does not permit that we tear ourselves asunder in a sudden attempt to reach perfection. Orderly unfoldment and transformation is its activity, and as we begin to forgive ourselves for past mistakes, clarifying our vision bit by bit so as to behold only the good in all, holding nought but love for every living creature, the actuality of resurrection will be experienced in us.

We begin by loving the persons and things close to us, giving ourselves completely into the hands of God. As we daily pray to let His will be done in every atom of our being, we shall be performing the most consummate act of love known to man, for in laying down our sense of separation from God, we are truly laying down our life that our friends may more abundantly live. "Greater love hath no man than this."

Our Lord and Master of us all!
Whate'er our name or sign,
We own Thy sway, we hear Thy call,
We test our lives by Thine.

—WHITTIER

Sunday LESSONS

These lessons point out the symbology of the Bible and interpret it according to the Unity teaching. Study with an open mind and Truth will convince you. Bible text is taken from the American Standard Version of the Bible, copyright, 1929, by the International Council of Religious Education; lessons are developed from outlines prepared and copyrighted by the Council; both are used by permission.

Lesson 1, July 7, 1946

UNITY SUBJECT—*The Way of Truth Is the Way of Life.*

INTERNATIONAL SUBJECT—*Jesus' Attitude toward the Law.*—Deut. 6:4-9; Matt. 5:17-19; Mark 10:17-22.

4. Hear, O Israel: Jehovah our God is one Jehovah:
5. And thou shalt love Jehovah thy God with all thy heart, and with all thy soul, and with all thy might.
6. And these words, which I command thee this day, shall be upon thy heart;
7. And thou shalt teach them diligently unto thy children, and shalt talk of them when thou sittest in thy house, and when thou walkest by the way, and when thou liest down, and when thou risest up.
8. And thou shalt bind them for a sign upon thy hand, and they shall be for frontlets between thine eyes.
9. And thou shalt write them upon the door-posts of thy house, and upon thy gates.

17. Think not that I came to destroy the law or the prophets: I came not to destroy, but to fulfill
18. For verily I say unto you, Till heaven and earth pass away, one jot or one tittle shall in no wise pass away from the law, till all things be accomplished.

19. Whosoever therefore shall break one of these least commandments, and shall teach men so, shall be called least in the kingdom of heaven: but whosoever shall do and teach them, he shall be called great in the kingdom of heaven.

17. And as he was going forth into the way, there ran one to him, and kneeled to him, and asked him, Good Teacher, what shall I do that I may inherit eternal life?

18. And Jesus said unto him, Why callest thou me good? none is good save one, *even* God.

19. Thou knowest the commandments, Do not kill, Do not commit adultery, Do not steal, Do not bear false witness, Do not defraud, Honor thy father and mother.

20. And he said unto him, Teacher, all these things have I observed from my youth.

21. And Jesus looking upon him loved him, and said unto him, One thing thou lackest: go, sell whatsoever thou hast, and give to the poor, and thou shalt have treasure in heaven: and come, follow me.

22. But his countenance fell at the saying, and he went away sorrowful: for he was one that had great possessions.

GOLDEN TEXT—*Think not that I came to destroy the law or the prophets: I came not to destroy, but to fulfil.*—Matt. 5:17.

SILENT PRAYER—*I realize that the way of life is the way of the moral law combined with divine love, and these are the ways that I take.*

The purpose of keeping the Mosaic law is to fulfill our threefold needs. Body, mind, and soul profit by our conformity to the law of life. "Ye shall walk in all the way which Jehovah your God hath commanded you, that ye may live, and that it may be well with you, and that ye may prolong your days in the land which ye shall possess." Nothing is said of wor-

shiping God for the sake of holiness. Holiness comes with complete devotion. Meanwhile we are to worship God because this attitude of mind and heart is best for us. Worshiping God, we keep the way of life, for that way is the way of right living.

The phrase "a sane mind in a sound body" furnishes us with an ideal. This ideal of adult manhood and womanhood is impossible to attain and maintain apart from right living and thinking. Living aright and thinking aright issue in what has been called "the unity of the Spirit in the bond of peace," and unity is the recognition of essential oneness. "Jehovah our God is one Jehovah." Oneness is absolute truth. We whose understanding and attainment are as yet relative nevertheless progress toward oneness by virtue of our attitude toward the one God. As we learn to love Jehovah with all our heart and with all our soul, and with all our might, we enter into the unity of Spirit and find ourselves infolded in peace.

As long as heaven and earth remain as they are the law that governs our well-being will remain constant. The keeping of the law will always be the price of our ultimate health of mind and body as individuals. The keeping of the law of love will always be necessary to the solidarity and progress of the race. The law of the Christ is the law of moral soundness no less than it is the law of love. The Christ fulfills both requirements of the divine law. "I came not to destroy, but to fulfill." We are not deprived of what we need for our well-being by the freedom we have in Christ. Freedom is power within and by virtue of the law, not outside the law. Abiding by the law, we are free from all the undesirable conse-

quences of lawlessness. Furthermore we are free to use constructively the power that comes from living in harmony with the requirements of our better nature. The "least in the kingdom of heaven" is he who, out of the clearer understanding that he gains by keeping the law, makes the smallest contribution to the good of all, the progress of all. He who is "called great in the kingdom of heaven" is so called because he uses the full power of his moral and spiritual integrity, the full strength of his understanding in extending the boundaries of the common life in the direction of Godlikeness.

The rich young ruler had kept all the moral commandments from his youth. He had refrained from doing any of the things that would have injured others. He had honored his parents by obeying them but had not gone further and applied their teachings in new or untried ways. His keeping of the law was purely negative because he had kept to the old paths, not extending the boundaries.

Jesus saw that the one thing lacking was a change of attitude. The young man should take one step entirely on his own initiative. He should sell whatever he had, give the proceeds to the poor, and follow the Christ as a full-fledged disciple. Such a radical departure from his habitual negativeness was too much for the young man, and he "went away sorrowful."

This example of failure to "inherit eternal life" through reliance on tradition and an earthly inheritance is one that we may profitably take to heart. We need not only to keep the law by refraining from breaking it; we need to put to good use the power

that we gain through keeping it, that others may see the advantage of the life that is law-abiding and be inspired to lead it.

QUESTIONS

1. What practical purpose is served by keeping the Mosaic law?
2. What requirements must be met if we would realize our ideal of manhood or womanhood?
3. How does the act of loving Jehovah with all our heart, soul, and might react on us in our social relations?
4. To what is the keeping of the law of love necessary?
5. What is the meaning of freedom in Christ?
6. Who is great in the kingdom of heaven?

Lesson 2, July 14, 1946

UNITY SUBJECT—*Loyalty to the Highest.*

INTERNATIONAL SUBJECT—*Jesus Demands Loyalty to God.*—Exod. 20:3-6; Josh. 24:16, 22-24; Luke 14:25-27.

3. Thou shalt have no other gods before me.
4. Thou shalt not make unto thee a graven image, nor any likeness *of any thing* that is in heaven above, or that is in the earth beneath, or that is in the water under the earth:
5. Thou shalt not bow down thyself unto them, nor serve them; for I Jehovah thy God am a jealous God, visiting the iniquity of the fathers upon the children, upon the third and upon the fourth generation of them that hate me,
6. And showing lovingkindness unto thousands of them that love me and keep my commandments.

16. And the people answered and said, Far be it from us that we should forsake Jehovah, to serve other gods;

22. And Joshua said unto the people, Ye are witnesses

against yourselves that ye have chosen you Jehovah, to serve him. And they said, We are witnesses.

23. Now therefore put away, *said he,* the foreign gods which are among you, and incline your heart unto Jehovah, the God of Israel.

24. And the people said unto Joshua, Jehovah our God will we serve, and unto his voice will we hearken.

25. Now there went with him great multitudes: and he turned, and said unto them,

26. If any man cometh unto me, and hateth not his own father, and mother, and wife, and children, and brethren, and sisters, yea, and his own life also, he cannot be my disciple.

27. Whosoever doth not bear his own cross, and come after me, cannot be my disciple.

GOLDEN TEXT—*No man can serve two masters: for either he will hate the one, and love the other; or else he will hold to one, and despise the other. Ye cannot serve God and mammon.*—Matt. 6:24.

SILENT PRAYER—*I of myself with the mind serve God.*

The world calls us continually to follow the way of the flesh. To strengthen ourselves in the way of divine wisdom and power so that we may live by the Spirit without heeding the call of the flesh we need to renew our covenant with God again and again. Like the Lord's mercies that the Psalmist acknowledged, our covenant should be renewed every morning. Over and over we should review the divine promises and proclaim our faith in God and our determination to let the life of God be fully expressed in and through us. As we do this we become able to understand and demonstrate Truth perfectly.

The trained sculptor makes a graven image in

stone, but without special training anyone can engrave images on the plastic medium of mind. What we impress deeply on the mind substance remains there, making its influence felt in the life. What interests us or appeals to our feelings deeply impresses us most indelibly. It may be an external agent such as a moving picture that makes a lasting impression on us, or it may be a picture that is called up by the imagination. The latter is the most powerful influence with which we have to deal, and often distorts what would otherwise be true images in our mind.

Jealousy is not a divine attribute, but undeviating principle is. No lapses from principle are permitted in the divine economy. Failure to observe the divine law causes it to react on him who fails by a reaction that is indirect but sure. He who obeys the divine law in mind, body, and affairs experiences spiritual freedom, and his children and their descendants find it easy to enter into the same heritage because of his faithfulness. He who loves God finds evidences of His loving-kindness on every hand.

Firm determination to remain loyal to the highest ideal of which we can conceive is necessary, but more than this is required. Our loyalty must withstand the test of temptation before it can be said to be firm and unyielding. "Far be it from us that we should forsake Jehovah, to serve other gods." We make this vow in all sincerity, but as other gods beckon we must recall our vow and rededicate ourselves to our allegiance to the One.

When the mind is completely filled with the thought of God until this thought becomes part of

our consciousness, we are safe from the appeal of lesser gods. To fill the mind thus takes more than will and determination. It takes love; for love alone gives the soul the faculty of cleaving to its object with utter devotion. Love makes loyalty easy and natural, as nothing else does or can. Love of Truth is the irresistible power that makes for oneness of purpose and singleness of mind.

The measure of our loyalty in everyday expression is the "witness" of our choice of allegiances. The choosing to serve Jehovah counts less than the actual serving. Serving makes witnesses of us, for our actions and our bearing reveal our allegiance. Mere lip service does not make a credible witness. Deeds and life are the true witnesses.

Love and blessing are the ways to entire loyalty and devotion, as the metaphysician discerned who wrote the following: "Loving God, you give yourself to Him; blessing God, you connect yourself to Him. God is the entire goodness, the entire capability, the entire wealth that become yours when you love and bless God."

QUESTIONS

1. Is it helpful to us in a practical way to rededicate ourselves often to God?
2. How are graven images made on mind substance?
3. In what respect is jealousy attributable to God?
4. How is spiritual freedom won?
5. What besides determination is required to keep us loyal to the ideal?
6. What makes us safe from the "lesser gods"?
7. What are the true witnesses to anyone's loyalty?

Lesson 3, July 21, 1946

UNITY AND INTERNATIONAL SUBJECT—*The Spirit of True Worship.*—Deut. 8:11-14, 18-20; Isa. 40:30, 31; Mark 12:28-34.

11. Beware lest thou forget Jehovah thy God, in not keeping his commandments, and his ordinances, and his statutes, which I command thee this day:
12. Lest, when thou hast eaten and art full, and hast built goodly houses, and dwelt therein;
13. And when thy herds and thy flocks multiply, and thy silver and thy gold is multiplied, and all that thou hast is multiplied;
14. Then thy heart be lifted up, and thou forget Jehovah thy God, who brought thee forth out of the land of Egypt, out of the house of bondage;

18. But thou shalt remember Jehovah thy God, for it is he that giveth thee power to get wealth; that he may establish his covenant which he sware unto thy fathers, as at this day.
19. And it shall be, if thou shalt forget Jehovah thy God, and walk after other gods, and serve them, and worship them, I testify against you this day that ye shall surely perish.
20. As the nations that Jehovah maketh to perish before you, so shall ye; because ye would not hearken unto the voice of Jehovah your God.

30. Even the youths shall faint and be weary, and the young men shall utterly fall:
31. But they that wait for Jehovah shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; they shall walk, and not faint.

28. And one of the scribes came, and heard them questioning together, and knowing that he had answered them well, asked him, What commandment is the first of all?
29. Jesus answered, The first is, Hear, O Israel; The

Lord our God, the Lord is one:

30. And thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind, and with all thy strength.

31. The second is this, Thou shalt love thy neighbor as thyself. There is none other commandment greater than these.

32. And the scribe said unto him, Of a truth, Teacher, thou hast well said that he is one; and there is none other but he:

33. And to love him with all the heart, and with all the understanding, and with all the strength, and to love his neighbor as himself, is much more than all whole burnt-offerings and sacrifices.

34. And when Jesus saw that he answered discreetly, he said unto him, Thou art not far from the kingdom of God. And no man after that durst ask him any question.

GOLDEN TEXT—*God is Spirit: and they that worship him must worship in spirit and truth.*—John 4:24.

SILENT PRAYER—*I try in all ways to express the Spirit of Christ.*

Consciousness of God is gained by those who faithfully practice the presence of God in prayer, meditation, or Christlike conduct. Jesus remembered the Father instinctively because prayer was habitual with Him. The world was perhaps never so much with anyone as it was with Jesus, for everywhere that He went multitudes followed and thronged around Him. After teaching them and ministering to their needs all day He would retire into a mountain for a night of prayer. In this way He kept His consciousness of God intact despite His close contact with people.

Without keeping the divine law it is not possible to remain conscious of God, for consciousness is more than feeling or emotion. It is knowledge based on experience, and we do not experience Godlikeness unless we observe the law of God. As we observe it we reap its rewards, and these in themselves present a temptation against which we must again be on our guard. As we prosper through applying ourselves wholeheartedly to our tasks and making use of the wisdom, judgment, faith, and zeal that develop in us when we keep our mind turned toward God, our thoughts and interests tend to become centered on the tangible rewards, the material prosperity and success that we have reaped.

Since the thoughts can have but one focus or permanent place of rest, this focus should be God and the things that are in harmony with the thought of God. To allow the mind to rest on material prosperity and its evidences is to fail to understand the true riches, our inner resources that it is our duty and privilege to develop and enjoy.

Egoism is a subtle thing, and we must guard against it with unflagging care if we are to remember the law of our true nature, namely that we can neither know nor be anything with certainty except by holding fast to the inner reality of our being. This holding on is in every case an inner, spiritual process, not a matter of intellectual reasoning or scientific research. Intellectual sophistication confirms doubt and makes a person unhappy without bringing him any nearer to the solution of the riddle of life. Indeed it adds to his mystification in the same measure in which it subtracts from his faith in the

supreme Spirit. The person who succumbs to intellectual doubts loses himself in a maze of logic that will end in confusion if, perhaps unconsciously, he assumes that his own sense perceptions, his intellectual powers, his personality are the most highly developed product of the universe. In doing this he overlooks the spiritual foundation of all existence, the interpenetration of all that appears by the divine, invisible essence of the spiritual realm. He may be unaware of spiritual values and their omnipresent nature. Such unawareness on his part does not disprove that Spirit exists as the final source of all that is.

Strength of body and stoutness of heart come through willing and purposeful keeping of the law of our being. To disregard that law leads to physical weakness or disease as well as to degeneration of character.

Neither of the two commandments given by Jesus as the first and greatest is found in the Decalogue. The first is a sort of summing up of the Ten Commandments found in Deuteronomy 6:4-5. The second is one of the six hundred-odd precepts recognized by the rabbis as binding commandments, and is found in Leviticus 19:18. "On these two commandments the whole law hangeth, and the prophets," said Jesus; in other words, all Truth that man had discerned until that time. The Master gathered the entire contents of the Mosaic law into the two statements defining human motive and intent. The aim or purpose of the heart determines the direction of the life and therefore is all-important.

The second commandment raises a question in the

mind of the metaphysician. Self-love in the usual sense is a state to be overcome, not to be cherished. In what way then should we love another as we do ourselves? Surely it is none but the higher self that we are expected to love and to bring into expression in our life. Also in that area of our nature where we touch universal love we love ourselves instinctively, and do for ourselves uncomplainingly and continually things that we would find it burdensome to do for long for another person. But Jesus taught that we should be as willing and as ready to do such things for another as for ourselves.

True worship is possible only as the inner life or our deepest nature is cultivated and the Spirit of the Christ developed in it.

QUESTIONS

1. How is consciousness of God entered into?
2. What is consciousness?
3. In what way may material prosperity and success ensnare us?
4. Where should our thoughts be centered if we are to know true serenity?
5. What is defined by the two great commandments?
6. How does true worship become possible to us?

Lesson 4, July 28, 1946

UNITY SUBJECT—*Attributes of Spiritual Power.*

INTERNATIONAL SUBJECT—*The Supremacy of Spiritual Values.*—Exod. 20:7; Lev. 19:12; Matt. 5:33-37; Mark 7:5-8; 8:34-36.

7. Thou shalt not take the name of Jehovah thy God in

vain; for Jehovah will not hold him guiltless that taketh his name in vain.

12. And ye shall not swear by my name falsely, and profane the name of thy God: I am Jehovah.

33. Again, ye have heard that it was said to them of old time, Thou shalt not forswear thyself, but shalt perform unto the Lord thine oaths:

34. But I say unto you, Swear not at all; neither by the heaven, for it is the throne of God;

35. Nor by the earth, for it is the footstool of his feet; nor by Jerusalem, for it is the city of the great King.

36. Neither shalt thou swear by thy head, for thou canst not make one hair white or black.

37. But let your speech be, Yea, yea; Nay, nay: and whatsoever is more than these is of the evil *one.*

5. And the Pharisees and the scribes ask him, Why walk not thy disciples according to the tradition of the elders, but eat their bread with defiled hands?

6. And he said unto them, Well did Isaiah prophesy of you hypocrites, as it is written,

This people honoreth me with their lips,
But their heart is far from me.

7. But in vain do they worship me,
Teaching *as their* doctrines the precepts of men.

8. Ye leave the commandment of God, and hold fast the tradition of men.

34. And he called unto him the multitude with his disciples, and said unto them, If any man would come after me, let him deny himself, and take up his cross, and follow me.

35. For whosoever would save his life shall lose it; and whosoever shall lose his life for my sake and the gospel's shall save it.

36. For what doth it profit a man, to gain the whole world, and forfeit his life?

GOLDEN TEXT—*Seek ye first his kingdom, and*

his righteousness; and all these things shall be added unto you.—Matt. 6:33.

SILENT PRAYER—*The Spirit of truth within me leads me unerringly in the way of life.*

To take the name of Jehovah our God in vain means more than misusing that name profanely to give emphasis to our words. The I AM in us is our divine self, and each time that we identify it with weakness, lack, ill-health, or any other negative condition we take the name of Jehovah in vain. To hold always to the loyal, constructive use of the I AM requires strength of purpose, faith, and loyalty above the average, but only in such perseverance do we gain spiritual power. To do what comes easiest develops no spiritual qualities in the soul. Driftwood floats on the surface and goes with the current, resting wherever it is left stranded. Idle speech has no more of an aim than driftwood. It lacks directive and motive power.

Violent speech and the vowing of intense vows (forswearing and swearing) also reveal a lack of understanding and are profitless. The personal man need not call the heavens to witness the purity of his intentions.

The earth (the "footstool" of God) is subject to the word of divine power, but it is not subject to the personal man's command. He can control it under spiritual law, not otherwise. Except as he gains understanding of the law of life he cannot control even his own subconscious processes, therefore it is futile for him to swear by his head.

Simple affirmations are our proper speech. "Yes"

and "no" are clear and unmistakable words, symbols of sincerity. No one can mistake their meaning, and their power is unquestioned. They convey neither overstatement nor understatement but maintain a just balance between a person's thoughts and his words. By the right use of words we experience the delight of working with the law instead of counter to it.

The gift of speech is one of the main features that distinguish us from the beasts. With speech we can express not only any feeling but also any thought that may occur to us, whether it concerns intellectual ideas, elemental emotions, ultimate truth or untruth. So powerful is speech that John says in his Gospel, "The Word was God." The word is the creative principle in the inner realm of Being.

That we possess this power to create ideas and the freedom to turn the power toward either good or evil places on us a clear and compelling responsibility to create in the image of Divine Mind; that is, good only. To bear witness to what is untrue of our neighbor is to create evil, and when evil reports are once impressed on the mind stuff of the race they remain there. The law of increase applies to all created things, and evil thoughts, impressions, and reports obey that law. They grow by what they feed on; that is, words and thoughts.

The good word likewise bears fruit but less conspicuously. This is a good sign, for it indicates that good is taken for granted as the established rule.

As we deny the claims of the personal consciousness and affirm our divine nature we gain power

to shoulder our handicap uncomplainingly (take up our cross), whatever it may be, and follow the Christ into freedom of action. To save the prerogatives of the selfish, personal life is to lose the rich rewards of exploration in the spiritual field. To lose oneself in thought and work for others and for the race is to save one's soul alive.

QUESTIONS

1. What is meant by taking the name of Jehovah in vain?
2. What use of the I AM gives us mastery of spiritual power?
3. Why are "yes" and "no" preferable to stronger terms?
4. Why has the word such power?
5. What is our responsibility with respect to words?
6. How do we save our soul alive?

I Walk In Gladness

Mabel Hatton Marks

I walk life's road in confidence and gladness,
Assured that Christ who dwells within the heart
Takes fullest charge of body, mind, and spirit.
For this I know: I cannot be apart
From Him. He is the center of my being,
The only guidance and the one resource
In all my quest to find the life abundant.
And all along the way He turns my course
From darkened vales into the open sunlight,
The light that conquers fear and doubt and stress;
And so I walk in gladness, Christ-directed,
Toward His high hills of peace and happiness.

Silent UNITY

I hear the voice of God saying, "Let there be light," and I understand.

The Society of Silent Unity, founded more than fifty years ago, is the healing department of Unity School, ministering without seeing them, to those who need help.

Our purpose is to aid through prayer all persons who, having faith in the power of God, ask for help.

Our temporal needs are met by the freewill offerings of those to whom we minister. "Give, and it shall be given unto you; good measure, pressed down, shaken together, running over."

Our Silent Unity group numbers some hundred consecrated workers who are devoting their lives to God's work for humanity. They are proving daily that physical, financial, mental, and spiritual difficulties can be overcome by righteous prayer. Even though everything else may have failed, we shall pray *with* you, for we have faith that "with God all things are possible."

We pray *with* you and also instruct you how to pray to the Father in secret in order that you may help yourself. Silent Unity is praying always, and your co-operation in prayer is of mutual benefit. Do not hesitate to write to us for help because your problem is personal. All correspondence is confidential.

Address your request to Society of Silent Unity, 917 Tracy, Kansas City 6, Mo. Cable address: Unity, Kansas City.

Give your full name and address

Prayers ANSWERED.....

These testimonials come from persons who have been healed by the power of Spirit. Those who wish to gain inspiration from someone whom God has healed may write, in care of the Unity School Editorial Department, to givers of these testimonials. Each letter must be unsealed and give the initials and address of the person to whom it is to be forwarded; also the name and date of the periodicals in which the testimonial appeared.

I Will Come and Heal

INCLOSED please find an offering as my thanks for your prayers in helping me overcome an error manifesting itself as sinus trouble. I thank you gratefully for all help given me.—*R. M., Indiana.*

JUST A LINE to thank you at Unity School for your prayers and wonderful help for my daughter, who was in a train accident and had her neck broken. This happened five months ago, and today she is as well as she was before the accident. The doctors told us in the beginning that it would be a miracle if she lived and that if she did live she would be an invalid.

Please discontinue your prayers, and may God bless Unity and all its workers. Please accept the inclosed token of my appreciation and with it my most grateful thanks.—*J. D., Minnesota.*

SIX WEEKS ago I had a bad fall which injured my back and leg. I could hardly walk; in fact I could hardly move. My doctor said I had fractured a bone in my back.

I wrote to you and asked you to pray for me, and in one week's time I was able to go back to work. Now I am completely well again without having to go to the hospital. I just cannot tell you how thankful and grateful I am for your prayers and help.

I just could not go on living without Unity. I have learned how to pray since studying it, and I receive so many blessings.—*M. A., Illinois.*

Filled with Plenty

WHEN A KIND friend started me reading UNITY five years ago, I was at low ebb financially and physically. I started trying to understand and apply a little at a time, and I feel compelled to tell you that I have had many problems and worked them out by using the Truth method. I was about to lose my small farm but have now paid for it and bought additional land and farm machinery. The farm has been put on a paying basis, and I have worked out many small problems. The thing I am most grateful for is my changed manner of thinking and the realization that God is ever present and willing to help each one of us.—*H. W., Ohio.*

He Shall Have Abundance

SOME TIME AGO I had a demonstration just after I had received a prosperity bank from you. In this congested city I was able to find a three-room apartment just one block from where I work. They had a long waiting list at this place, but I heard of the vacancy and went to the manager. She told me she

would speak to the owner of the apartment about me; but he told her he had somebody else in mind. Three months later the office phone rang one day and the manager told me the apartment was waiting for me.—*H. M. P., Oregon.*

INCLOSED IS my check for five dollars that I have saved in my first prosperity bank. It has been a most enlightening experience for me, and I appreciate the prayers that have gone out for me. Many blessings have come to me since I started saving in the bank. Please continue to pray for me along this line, and send me another bank. I am gaining freedom from debt and want you to know that without your prayers I don't believe I would feel as I do today.—*D. D. W., Georgia.*

I AM SENDING my prosperity-bank money, and you can use it to the glory of the Lord. I thank you so much for the Christmas card and pamphlets, and most of all I thank you for your prayers, because they have meant so much to me. My health has improved much, and the Lord has blessed me more spiritually through your prayers.

Before I started the bank drill I was afraid to eat because I would suffer so much afterward, but now I can eat anything and feel fine afterward. I feel that I can reach out and touch the Lord. I am thanking you again for your prayers.—*M. R., Missouri.*

He Is My Refuge

I CANNOT begin to tell you how much the numbers

of your wonderful UNITY magazine and *Weekly Unity* are doing for us; they are splendid, and have opened up a whole new life for us. I do truly appreciate the opportunity of having this wonderful reading.

Last year I wrote to you from a hospital in Chicago asking for your help and prayers, and I know that without the knowledge of Truth I would not have survived. It was a tremendous help to me and I am always grateful. Thank you so much.—*M. L. B., Michigan.*

Free from Care

SEVEN MONTHS ago I wrote to you asking you to pray that my husband might be freed from the drink habit. I am happy to tell you that he is completely free now, and has an entirely different outlook on life.

I am so thankful to God and to you for your prayers. Before I received an answer to my letter he had stopped and has had no desire to drink since. Although his work takes him into many places where liquor is sold, his consciousness is so changed that it is no temptation.—*Mrs. A. G. S., Ohio.*

Hearken unto Me

LEARNING to drive an automobile was such a problem to me, that I thought I would never learn to handle a car good enough to get a driver's license. Remembering you and how you have helped me other times I called on your prayers concerning my

driving and the results have been wonderful! I have already taken my driver's test and passed.—*Mrs. C. J. M., California.*

I WROTE TO YOU for help before starting on a journey West, particularly with regard to finding a place to stay each night. We are now nearly at our destination and have had lovely places to stay every night. Thank you for your help and prayers, and please continue to know the Truth for us when we arrive in Tucson.—*L. E. C., Pennsylvania.*

Unto Us a Child

I WONDER if I can explain how much the maternity lessons you sent me have helped me? The last time I visited the doctor he told me I had anemia and must get all the rest possible. To me, a person who always feels so sorry for himself, getting any rest at all seemed out of the question.

With two children to look after and all the housework to do, I nevertheless read and reread your lessons, and I found the whole responsibility wasn't on my shoulders; that God is certainly a very present help. I began to praise God and thank Him for strength to do my work. I thanked Him for patience with my children. I found it much easier to praise the children and get them to help with little tasks than it was to nag at them.

Somehow things are running more smoothly, and I find time for rest and study. Unity literature has been such a help, and I am truly grateful to you who devote your lives to helping others find the way.—*M. P., Michigan.*

HELP *from Silent* UNITY

These are extracts from letters that Silent Unity has written to those who have asked our help in finding and obeying the divine law of life.

I was in the service three and a half years and was away from my wife and small son. It seems that several times our son needed punishment for little misdemeanors, which punishment my wife failed to give him because of a pity-like passion for him. The fact that I believe in the punishment of children and that I have been punishing our son since my return has given strength to his belief that I am the one to punish him and to deprive him of his freedom. He appears to fear me because of the misunderstanding he has of my place in his life.—*From a letter received by Silent Unity.*

We have been praying earnestly for understanding and harmony between you and your wife in regard to training and disciplining your son and for full trust and appreciation among the three of you.

Many, many adjustments need to be made in families where the father has been away in service, but there is always a way for members of families who love each other and desire a happy, harmonious home to make the adjustments necessary. We know that as you pray for understanding and guidance, you will have revealed to you the things to say and do to solve the problem of discipline between you and your wife and to win the love, affection, and trust of your son.

It is not of course wise to set either of the parents up as the one to do the disciplining, because young, impressionable minds do not reason or think a situation through. They simply accept what is apparent on the surface. Naturally they feel more free and comfortable with the one that lets them do pretty much as they please. Parents have an equal responsibility in training and disciplining their children and while a child may seem to rebel at discipline when he is very young and does not understand its purpose, in adulthood he is very grateful to those in his life who have not encouraged his yielding to human frailties but have helped to make him a strong, well-adjusted, self-assured, happy person.

On the other hand, too much stress can be laid upon the matter of disciplining a child when it is thought of as punishment. Most children want to be obedient and to have the approval of their parents. When the reasons for doing one thing and not doing another are presented to them, they understand and respond wonderfully. Unless the reasons for spanking and that sort of discipline are understood by the child, he gets the feeling that the parent is mean to him, and this encourages fear and rebellion in him. These are emotions that no conscientious parent wants to encourage in a child.

It is not unnatural for a young mother to think of her child as helpless and unprotected and dependent upon her for everything. In such an attitude she is likely to forget that her first responsibility is to guide and direct the young mind into ways of thought and action that will prepare it for successful adult

life. Since you and your wife love each other, we know that with time, patience, and attempts to understand each other and each other's viewpoints, you will be able to solve this problem and rear your little son to be the kind of person you are both proud of.

Our home was destroyed by fire and we have lost practically everything, not only our furniture and clothing but priceless family heirlooms that can never be replaced. I cannot understand why this happened, as I have always placed my home lovingly under God's protection in prayer.—*From a letter received by Silent Unity.*

We can appreciate the great amount of courage you have had to express in your recent experience. Sudden events that sometimes seem to cast a shadow across the path of life may cause even the best Truth students to wonder about the goodness of God, but there is something within each individual that sustains him and reveals the way of good. We know that your knowledge of Truth is sustaining you and helping you to have strength and peace.

There can be so many causes for a negative happening like this that there is no reason for you to feel that you lacked faith in God or failed in some other way. Experiences that seem negative sometimes come to the best Truth students, for man has not yet learned to control all the forces that influence him. He has learned though to control the forces of his own being, and through this control he may establish his consciousness of good so firmly that outer things do not affect it. We be-

lieve you have done much to establish such a firm consciousness of His ever-present good, for you say that you "have not quite yielded to despair and bitterness."

You have within you the courage to turn from thinking so much about the material things that were destroyed and to think of your oneness with the goodness of God that is continually coming to you. While it is not possible to replace the beautiful things you had in exactly the same form in which you enjoyed them, it is possible to bring to yourself a good that will be greater than anything you have experienced in the past. So courageously turn away from any depressing thoughts and look to God to reveal the way of new blessings for you and your husband.

When an experience seems to be accompanied by great material loss, it is good to think of the true source of happiness as being in God, who is ever with each one of us. It is not His will that we should not have beautiful things, but it is His will that we be so free in our mind that we do not depend upon any outer thing to give us happiness. Humanity for the past several years has been going through many trying experiences. Truth students everywhere have found it necessary to use much courage, but God has always responded through His love. Perhaps the reason He does not always influence directly the course of outer events is that He knows that the real things, the things of permanent value, are the things of Spirit, the ideas of wisdom, love, and substance that are ever being expressed throughout His wonderful creation.

UNITY CENTERS

The following Unity leaders are conducting a ministry in keeping w
the Christ teachings as interpreted by Unity School.

ALABAMA

Birmingham—Harriet Price, 406 N 22

ARKANSAS

Little Rock—Mary Wayman, 117 E 15

ARIZONA

Globe—Sarah Lightle, 117 E Oak

CALIFORNIA

Alhambra—Gertrude Hall, 204 S 2
Bakersfield—Della Shutts, 320 Brower bldg
Berkeley—Susanna Scott, 2401 Dwight
Beverly Hills—Ruth Rae, American Legion temple
Burbank—Harriett Sunday, 152 E Palm
Canoga Park—Nannie Highnote, 6737 De Soto
Compton—May Butterworth, 115 N Chester
Fresno—Alice Stokes, 171 Blackstone
Glendale—Geraldine Johnson, 119 S Kenwood; Mary Adams, 724 South
Hollywood—Rose Schneider, 1162 N St Andrews
Hermosa—May Butterworth, 77 17th
Inglewood—Maude Galpin, 226 E Spruce
Long Beach—Louise Newman, 935 E Broadway
Los Angeles—Ernest C. Wilson, Norma Knight Jones, 635 S Manhattan Pl; Nina Fisher, 3010 Palm Grove; Emma Luke, 2120 S. Union; Alfred Williams, 815 S Hill; Dollee Phillips, 2215 7th Ave.
La Crescenta—Dollee Phillips, 4004 La Crescenta
Monrovia—Irene Malloy, Monrovia Woman's club
North Hollywood—Herbert J. Schneider, 4513 Laurel Grove
N Long Beach—May Butterworth, 42 E Market
Napa—Helen Wade, Churchill manor
Oakland—Alma Morse, 1433 Madison
Pasadena—William Stack, 60 N Mich
Riverside—Katherine Sweaney, 3614 Ninth
San Diego—Marie Fleming, 1944 30th
Sacramento—Naomi Anderson, IOOF hall
San Bernardino—Dr & Mrs H P Nicholls, 763 D St
San Francisco—Robert Hulbert, 126 Post
Santa Cruz—Alice Hopkins, 151 Garfield
Santa Monica—Sue Sikking, Pacific bldg
Santa Rosa—Helen Wade, 426 Mendocino
South Gate—Edna Drebert, 2653 Santa Ana
Taft—Della Shutts, Savoy hotel
Vallejo—Helen Wade, Vallejo Women's club
Van Nuys—Mary Hider, 14416 Victory
Whittier—Louise Newman, 410 S Greenleaf

COLORADO

Denver—Mabel Beech, 1555 Race
Pueblo—Edith Wilshire, YWCA

CONNECTICUT

Bridgeport—Helene Kersten, 610 Fairfi
Hartford—Harriet Gilbert, Brown Thoi bldg
New Haven—Bonnie Adams, Hotel T

DISTRICT OF COLUMBIA

Washington—Margaret & E Roy Fe New Colonial hotel

FLORIDA

Clearwater—Louise Beaty, West Co hotel
Daytona Beach—Mary D Huck, Broadway
Jacksonville—Mildred Weldler, 220 Monroe
Miami—May Stoiber, 128 SE 3
Orlando—Carolyn Parsons, 503 S Ora
St Petersburg—Louise Beaty, 646 5 av
Tampa—Ruby Wagner, Louise Ram 413 Grand Central
West Palm Beach—Fannye Treaster, S Olive

GEORGIA

Atlanta—Kathryn Boyce, 160 Peacht N W

HAWAII

Honolulu—Marie Handly, 240 Lewera

IDAHO

Boise—Christopher Scott, Pinney bld

ILLINOIS

E St Louis—Florence Schaefer, Bro view hotel
Chicago—W I & Anna Hoschouer, 30 Wabash; Nellie McCollum, 64 W R dolph; Edith Reynolds, 116 S Mic gan; Janet Beaudry, 410 S Michig Margaret Halsey (col) 104 E 51; H rietta Gorden (col) 4307 S Michi
Decatur—Maud Kellogg, 317 W Deca
Moline—Unity, Le Claire hotel
Peoria—Glenna Arrowsmith, 200 W Ar strong; Mabel Daughtry, 305 S Bourla
Rockford—Bonnie Brown, Empire bl
Springfield—Eva Conover, 709 S 7th

INDIANA

Ft Wayne—Cleo Lee, 220 E Jeffer
Indianapolis—Dale & Donna Newsu Claypool hotel; Frederick Andre 8 E Market
Kokomo—Lydia Simpson, 314 W Wal

IOWA

Cedar Rapids—Unity, 1015 2 Ave SE
Des Moines—Betty Stitt, 42 & Roll
Sioux City—Elizabeth McClaughtry, surance Exchange Bldg

KANSAS

Hutchinson—Nona Kerfoot, 316 W 15
Topeka—Harriet Pfouts, Jayhawk hot

Wichita—Carl Moran, 3241 Victor

KENTUCKY

Covington—Clara Conway (col) 114 W 11th

Louisville—Maebel Carrell, Cecilia Cardwell, Theresa Rehm, 1322 S 4; Ruth Cox (col) Pythian temple

LOUISIANA

New Orleans—Elois Echlin, 222 Balter bldg; Lillian White, 604 Canal

MAINE

Portland—Unity, 562 Congress

MARYLAND

Baltimore—E Roy Feldt, Emerson hotel

MASSACHUSETTS

Boston—John Baughman, 30 Huntington

Cambridge—Edna Titus, 881 Massachusetts

Worcester—John Baughman, Academy bldg

MICHIGAN

Ann Arbor—Marie Munro, 310 S State St

Bay City—Roxie Miller, YWCA

Birmingham—Virginia Shipley, 148 S Woodward, Rm 215

Detroit—Herbert Hunt, Maccabees bldg: Otto Fishburn, 4221 Eastlawn; Virginia Shipley, 410 Capitol Theater bldg; James Elliott (col) 8637 Oakland

Lansing—Roxie Miller, 224 Abbott

Flint—Edmund Risk, 1019 Detroit

Grand Rapids—Ida Bailey, 63 Jefferson

Kalamazoo—Amy Moffett, 209 W Dutton

Lansing—Harvey and Ida Best, Olds hotel

Pontiac—Walfred Taurainen, 72½ N Saginaw

Royal Oak—Maud McCulloch, 101 S Troy

Saginaw—Edmund Risk, Bancroft hotel

MINNESOTA

Minneapolis—Lila Ranney, 2300 Hennepin

St Paul—Nellie Hohenwald, New York bldg

MISSOURI

Jefferson City—Amanda Clibourn, 319 Ash

Kansas City—Louis E & Ethel Meyer, 913 Tracy; Ida Palmer, Jewell bldg

Lee's Summit—Nettie Wyatt, Unity Farm

Lamay—Julia McKee, 284 Lemay

Springfield—Unity, 224 W State

St Joseph—Osla Jones, 12 and Felix

St Louis—Elsie Abbott, 119 N 7; Hilda Eilers, 3616 Bates; Florence Brummer, 4621 S Kingshighway

MONTANA

Billings—Mary Wessel, Northern hotel

Bozeman—Mary Wessel, Baxter hotel

Butte—Mary Wessel, YMCA

Great Falls—Unity, Columbia bldg

Livingston—Mary Wessel, Elks hall

Missoula—Maidie Van Etten, 200 E Pine

NEBRASKA

Lincoln—Blanche Evans, Peterson bldg

Omaha—C N & Hallie Broadhurst, Electric bldg

NEVADA

Reno—Robt & Fay Caswell, Clay Peters bldg

NEW JERSEY

Montclair—Glady's Stevenson, 11 S Fullerton

Newark—Edith Berry, Berwick hotel

Plainfield—Helen Zagat, Babcock bldg

NEW MEXICO

Albuquerque—Mina Stevenson, 1219 W Tijeras

NEW YORK

Albany—Marian Hoagland, YWCA

Binghamton—Unity, Arlington hotel

Brooklyn—Ella Pomeroy, 3 Albee sq

Buffalo—Lillian Matthews, 271 Delaware

Flushing—Adele Woodruff, 135-42 40 rd

Forest Hills—Adele Woodruff, Forest Hills Inn

Ithaca—Unity, 113 S Cayuga

Jamestown—Lillian Matthews, YWCA

New Rochelle—Ethel Nickelsen, Huguenot YMCA

New York—Georgiana West, 1 W 47; Crichton Boatwright, 500 5 ave; Josephine Siemon, 400 E 59; Stella Wrenn, 853 7th ave; Courtenay Johnson (col) 2523 7th ave; Nanna Sutton (col) 137 W 110

Rochester—Elise Rosenburg, Seneca hotel

Roslyn Heights—Adele Woodruff, 58 Mineola

Syracuse—Mae Lundahl, Onondaga hotel

Troy—Marian Hoagland, 27 4th

White Plains—Ocoa Moore, 123 Court

OHIO

Akron—Ralph O'Day, Jessie Maloney, 34 S High

Alliance—Unity, 242 E Main

Canton—Octavie Martial, 203 6th NW

Cincinnati—Effie Smith, 3047 Madison

Cleveland—Earl & Martha Anthony, Hotel Cleveland

Columbus—William Quinn, 50 W 5 Ave

Dayton—Ethel Crouch, Canby bldg

Hamilton—Louise Tabse, 117 Ross

Marietta—Orilla Werner, 424 Front

Marion—Mercedes Fossler, YWCA

Springfield—Nora Elliott, 109 E Main

Toledo—Wallace Tooke, Commerce Bank bldg

Warren—Everett St John, 2d Natl Bank bldg

Youngstown—Everett St John, Home Sav & Loan bldg

OKLAHOMA

Tulsa—Grace Kehrer, 714 S Boston

Oklahoma City—Alice & Schuyler Cronley, Midwest bldg

OREGON

Eugene—Cleoda Dawson, 1569 Oak

Portland—Marion Lance, 811 NW 20

PENNSYLVANIA

Philadelphia—Margaret Feldt, St James hotel

Pittsburgh—Ruth Gilpin, 233 Oliver

TENNESSEE

Memphis—Omer Hodgman, Hotel Chisca

Nashville—Susan Smartt, 1816

TEXAS

Amarillo—Eugenia Lane, Blackburn bldg
Dallas—Ruth Gillespie, 2030 Commerce
El Paso—Mabel Peck, 305 E Franklin
Fort Worth—Ruth Gillespie, Texas hotel
Houston—Lillian Brass, Milam bldg; Corine Smith (col) 1302 Schwartz
San Antonio—Mary Myles, Maverick bldg

WASHINGTON

Bremerton—Marian Brown, 925 Park
Kennewick—Beulah Scott, Arrow Grill
Seattle—Myron & Estelle Key, Arcade bldg
Wenatchee—Beulah Scott, Columbia hotel
Yakima—Beulah Scott, 109 S 4

WEST VIRGINIA

Charleston—Daisy Daggett, Daniel Boone hotel
Huntington—Daisy Daggett, Lewis Arcade, Rooms 507-09

WISCONSIN

Beloit—Bonnie Brown, 1347 White
Racine—Lu Verna Bauer, 423 S Main
Milwaukee—Elmer Gifford, 208 E W consin

CANADA

Calgary—Unity, 221A 8th ave W
Edmonton—Unity, Birks bldg
London—Mary Dunning, 432 Clarence
Regina—Unity, Thompson blk
Toronto—Donald O'Connor, 17 Que
Winnipeg—Edna Bowyer, Russell Kei Belgica blk

ENGLAND

London—Parker Drake, Ruth Hacking Stanhope Terrace, Bayswater Rd L don, W 2
High Wycombe—Dora Johnson, Lo croft, Studley Green
Easington Village—Thomas W Merring 11 Sea View, Co Durham

The Purpose of Unity

Unity School of Christianity is a religious-educational institution teaching the use of the Jesus Christ doctrine in everyday life, and is not a church. However in disseminating the teachings of Unity, based upon the Bible and especially upon the teachings of Jesus Christ, teachers have formed independent organizations for study and worship, and these organizations have evolved into groups called centers, societies, assemblies, and churches. These groups are a part of the Unity fellowship and work in close cooperation with the Unity School of Christianity, but Unity is not a denomination nor a sect. Those who study the Unity teachings and who attend a Unity center or a Unity church are free to keep their affiliation with any church they desire.

The Unity teachings explain the action of mind, the connecting link between God and man. They explain how the mind affects the body, how it brings man into an understanding of divine law.

Accept what, in the Unity teachings, appears to you to be Truth, and withhold judgment on the remainder until you understand it better.

New Ways to Solve Old Problems

By Lowell Fillmore

"Put out of your mind all doubts and fears about ow your prayer is to be answered, but have faith that t will be answered, because God is infinite, wise, and owerful, and cannot fail," writes Mr. Fillmore. "Do ıot worry, but put the problem lovingly, trustingly, and onfidently in His hands."

New Ways to Solve Old Problems sets forth the way f solving problems involving finances, harmony, forıveness, loneliness, freedom, and the like, by dissolvıg them with Truth. When anyone rises to the conciousness that God is good and that God is all, he is bove the problem; it simply does not, cannot, exist in is consciousness; it is dissolved.

Mr. Fillmore, son of Charles Fillmore and manager f Unity School of Christianity writes on Truth subjects vith directness and simplicity. Both the beginner in 'ruth and the advanced student can benefit by the ompanionable advice and instruction to be found in *Iew Ways to Solve Old Problems.*

New Ways to Solve Old Problems is priced at $1 a copy in ɔe standard binding; at $2 each in the de luxe edition.)

Appearing in Other Unity Magazine This Month

John Henry Goes Shopping

No man gives more consideration to weighty prol lems confronting him than an eight-year-old boy give to the spending of birthday money that is his to spen as he wishes. The Green twins told John Henry t spend the two quarters they had given him for "some thing you really want." "Buy something useful" an "Buy yourself a good time" were two other suggestion John Henry's decision to make a purchase at the con fectioner's brought about a situation involving thre other children, who stood looking wistfully at th double-dip ice-cream cone. John Henry's mind did som interesting calculating, which makes a good ending t Miriam E. Mason's *Wee Wisdom* story entitled "Joh Henry Goes Shopping."

An American Schoolboy Visits Germany

"Detour to His Good" is the title of Frances Calc well Durland's true-experience story in *Progress* abou twelve-year-old American-born Hans who went to Ge many to be with His grandparents and to attend schoo At first it was fun marching and saluting in the Yout movement drills, and he liked the wonderful exercise to make his body strong and supple. After a while Han began vaguely to see through the veil of glamour an pomp to the ideas back of them. They were in suc direct conflict with the ideals that he had been taugh that a great longing for America and home clutched a his heart.

Declare Your Interdependence

In her *Good Business* article entitled "Declare Your Interdependence" Margaretta Harmon relates an incident involving Mr. Morley and Mr. Hicks, realtors. Both were very independent and liked to work alone. Mr. Morley was aggressive, successful; Mr. Hicks was not succeeding. Circumstances led them to become partners to the advantage of both of them. Other examples of persons becoming profitably interdependent by combining "the best points of both" are included in Mrs. Harmon's article.

A Modern Miracle

Clara Beranger, a former staff writer for a motion-picture studio, tells in the July 7 issue of *Weekly Unity* of a brilliant author who was forced out of his promising career because of his tendency to give way to his ever-recurring "thirst." However he regained his place in the world by being taught a new concept of God and how to turn to Him for guidance. The teaching in this article could be applied to any kind of overcoming. Mrs. Beranger's article "A Modern Miracle."

The Laws of Living

"Faith can do and does wonderful things, for by it person can very often lift himself into a state of mind hat automatically puts him in tune with the good he esires," writes Cleda Reyner of Silent Unity in her *Daily Word* article "The Laws of Living." "But," continues Mrs. Reyner, "to stay permanently in that state equires some concrete understanding of God and adherence to certain lines of thought and action."

UNITY BOOKS AND BOOKLETS

God a Present Help — New Ways to Solve Old Problem
Lovingly in the Hands of the Father — Whatsoever Ye Shall A
Letters of Myrtle Fillmore
(The books listed above are $1 each in standard edition; $2 de luxe binding)

For Beginners

Beginning Again	standard only	$1.
How I Used Truth	standard only	1.
God Is the Answer	standard only	1.
Lessons in Truth	standard only	1.
Lessons in Truth	*Russian, Spanish*	
Master Class Lessons	de luxe only	2.
Six-Day Healing Practice, A	*Spanish* $.10; *English*	.
Great Physician, The	standard only	1.
Mental Equivalent, The	*German* $.10; *Russian*	.

For Healing

Christian Healing	de luxe $2; standard	1.
Divine Remedies		.
Jesus Christ Heals	de luxe $2; standard	1.
Truth Ideas of an M. D.	standard only	1.
You Can Be Healed	de luxe $2. standard	1.

For the Home

Meatless Meals	cloth	1.
You and Your Child	de luxe $2; standard	1.

For Prosperity

As You Tithe so You Prosper		.
Both Riches and Honor	standard only	1.
Prosperity	de luxe $2; standard	1.
Prosperity's Ten Commandments	standard only	1.
Working with God	standard only	1.

For Inspiration

Finding the Christ	*Russian, German, Swedish* $.10; *English*	.
Have We Lived Before?	de luxe $2; standard	1.
Inner Vision		.
Mightier than Circumstance	de luxe $2; standard	1.
Sunlit Way, The	de luxe $2; standard	1.
Unity's Fifty Golden Years	paper	1.

For Devotion

Bible, American Standard Edition		4.
Book of Silent Prayer		.
Contemplation of Christ, The		.
Effectual Prayer	standard only	1.
Silence, The		.
Unity Song Selections	cloth	1.

For Advanced Study

Christ Enthroned in Man	de luxe $2; standard	1.
Know Thyself	de luxe $2; standard	1.
Metaphysical Bible Dictionary		5.
Mysteries of Genesis	de luxe $2; standard	1.
Mysteries of John	standard only	1.
Talks on Truth	de luxe $2; standard	1.
Teach Us to Pray	de luxe $2; standard	1.
Twelve Powers of Man, The	standard	1.
What Are You?	de luxe $2; standard	1.

Greeting Booklets

Are You Getting All You Want from Life?	.10	Land Is Bright, The	.
Breath of Immortality	.10	Life Is Consciousness	.
Challenge of the Dawn, The	.10	Mental Equivalent, The	.
Daily Resurrection	.10	Prayer of Prayers	.
First Things First	.10	Protecting Presence, The	.
Gifts for the Christ	.10	Recipes for Living	.
Great Helper, The		Song of Life, The	.
French, English	.10	Turning Point, The	.
God Is Blessing You Now	.10	Twenty-Four Golden Hours	.
He Passed This Way	.10	Way of Faith, The	.
Holy Bread	.10	Where Blessings Begin	.
		White as Cotton	.

(12 copies of these booklets for $1. Envelopes included)

For Children

Jet's Adventures	1.

NEWS *from* UNITY

Patricia Nelson, after expe-
iencing spiritual healing of
er mind and restoration of
odily health, longed to see
er younger sister, Paula,
ealed and able to walk again
fter a severe hip injury.
aula agreed that the Unity
eachings had helped Patricia,
ut Paula's case was different.

Knowing that the only way
o become healed is full ac-
eptance of its possibility by
he one who is ill, Patricia
eld steadfastly to her own
ith and invited her sister to
isit her in California.

The remainder of Mrs.
Nelson's article is an account
f how California sunshine,
eals outdoors, and a visit
rom Valrie Howard brought
aula to a realization of God's
ealing power within her.
oday Paula walks miles and
thankful that she was in-
red, for her injury helped
er to find God.

Mrs. Nelson's article can
ing encouragement and an
understanding of God's power and willingness to heal every human ill. It is entitled "The Only Requirement" and will appear in the August issue of Unity *magazine.*

Unity Annual Conference

The Unity Annual Conference is an organization of Unity ministers and leaders who conduct centers throughout the country. As this magazine reaches you, plans are being completed for the annual meeting of this organization at Unity Farm, June 25 through June 28. The days and evenings will be filled with devotional meetings, business sessions, and discussion of matters pertaining to center ministry. The blessings of Unity School are with the ministers who represent Unity in their respective communities. Theirs is a Christ ministry of teaching and healing.

Combines Study of Both Riches and Honor *with Bank Drill*

A friend in Colorado writes: "I have used Prosperity Banks many times in the past, and they always help me demonstrate some new blessing. Several months ago my business had reached such

a low point that its very existence was threatened. Since then I have used two Banks and have made a careful study of Annie Rix Militz's book *Both Riches and Honor*. My profit last month was seventeen times what it was four months ago. I feel that not the least of my demonstrations in the past four months has been a definite improvement of my business judgment, which has not only benefited me but has enabled me to render much more service in the community."

Both Riches and Honor is a splendid textbook for beginning Truth students who are interested in the subject of prosperity, and is listed on the Books and Booklets page.

What Is Unity?

As a *Unity* reader you ar no doubt frequently askec "What is Unity?" Perhap you find it difficult to give satisfactory answer and afte ward feel you have left out s much that you wanted to tel

The Unity movement, o of which the Unity School c Christianity grew, was founc ed more than fifty-five yea ago by Charles and Myrtl Fillmore after they had bee healed, prospered, and blesse in many ways through a liter acceptance and faithful appl cation of Christian principl in their own life and affair In April, 1889, the Fillmor founded the magazine th became known as *Unity*. Th began the Unity work th has grown into a world-wic spiritual movement.

More about Unity's origi and growth, how it serve and what it teaches is tol in an attractive introducto booklet that will be sent t you free if you should like t receive it. Just ask for th booklet *Unity School of Chri tianity*.

The Best of Ideals

A mother who has just subscribed for *Wee Wisdom* for her child writes: *"Wee Wisdom* implants the best of ideals in the child's mind. I am so glad to find such wholesome stories."

"Unity Viewpoint" to Canada

On April 1 the "Unity Viewpoint" radio program made its debut in Canada. The regular broadcast schedule of this program is as follows:

CHUM—1050 kilocycles; Toronto, Ontario; Monday through Saturday; 8:00 to 8:15 a. m.

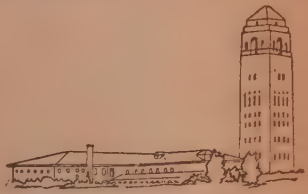
This new broadcast brings to four the number of countries broadcasting this program: Canada, United States, Australia, and Alaska. The

total number of stations now presenting "The Unity Viewpoint" is nineteen. If you would like to know the station nearest you that presents "The Unity Viewpoint," write for a free radio schedule.

Unity Training School

The Unity Training School at Unity Farm continues its very successful 1946 season with the third, fourth, and fifth terms (four weeks each) beginning July 8, August 12, and September 16, respectively.

Teachers for the July



(third) term are as follows: Rose Emery, Elizabeth Sand Turner, Norma Knight Jones, Osla Sehrt Jones, Francis J. Gable, Louise Abney, Richard Lynch, and Mr. and Mrs. Charles Fillmore.

Teachers for the August term are: George E. Carpenter, Fannie A. Baldwin, Ida M. Palmer, Mr. and Mrs. Charles Fillmore, Richard Lynch, Cleda Reyner, Francis J. Gable, Rose Emery, Hilda Walter, and Louise Abney.

Mr. Charles Fillmore, assisted by Mrs. Fillmore, presents a course of lessons each term. Thus the students have an opportunity of receiving instruction from the co-founder of the Unity School of Christianity.

Unity Reaches All Continents

Friends of Unity, who are interested in helping spread the Truth not only in the United States but in all parts of the world and who have been sending love offerings to the Good Neighbor Fund for this purpose, will rejoice

with Unity in knowing that literature sent abroad in the prewar years helped persons on other continents maintain faith and courage during the war. The increasing number of requests for Unity literature at the present time gives us cause to continue our ministry to friends overseas.

The letters that come to Unity from overseas now represent all continents. A young man in China (Asia) writes of praying for and receiving a typewriter, which will aid him to spread the Truth in China. A native leader in East Africa sends a copy of his local newspaper containing an account of the religious library in his community. Unity has sent books and magazines to this library.

South American friend (and all our neighbors to th south of us) request *El Sen brador,* Unity's free bimonth Spanish magazine, and ou other publications in Spanisl

From Australia and fro all corners of Europe com requests for the Truth me sage as made available b Unity. Knowing the need an the demand of persons i other countries for literatur preferably in their own la guages, Unity is striving t publish in increased amoun translations of its publicatio in Spanish, French, Italia Dutch, Russian, and Swedis

As yet many governmen forbid the sending of func out of their countries, and c course thousands of citize of liberated countries have n money to send, although the hunger for God's Truth exist That these people look to u determines our course of a tion: Unity literature must g to these people, and in the own language whenever po sible. As in the past, Unity work of spreading Truth wi be blessed by students wh take part in this ministry b sending love offerings to th Good Neighbor Fund.

A wise choice of thoug is as necessary as a wi choice of food.—*Franc W. Foulks; Effectual Praye*

Unity Books on Healing . . .

No matter what is the state of your health at present you can be helped if you make contact with the stream of spiritual life that constantly flows from God to man. Any of the books listed below can help you to make this contact.

YOU CAN BE HEALED—This book, by Clara Palmer, points the way to true health by showing you that disease has no dominion over you when you realize that your life is divinely derived and sustained. Any health problem will yield to the power of God through the use of the divine principles of health outlined and explained in YOU CAN BE HEALED. Standard edition, $1; de luxe edition, $2.

JESUS CHRIST HEALS, by Charles Fillmore—Brings you the fundamental of spiritual healing. Its message is based on the teachings of the Master, and it assures you that today, as He did during His ministry on earth, Jesus Christ heals all who put their faith in His healing power. Priced at $1 in the standard edition; in the de luxe edition, at $2.

TRUTH IDEAS OF AN M. D., by Dr. C. O. Southard—Written by a physician, this book teaches implicit faith in the healing power inherent in all living things. In it Doctor Southard states that the physician of today relies on the healing power in his efforts to aid humanity. Priced at $1 (available in standard edition only).

UNITY SCHOOL OF CHRISTIANITY

917 TRACY, KANSAS CITY 6, MO.

What Are You Waiting For?

Are you waiting for certain greatly desired blessings and b lieve they are delayed because of some person or present con tion? The truth is that these blessings are ready for you no Jesus said, "The kingdom of heaven [good] is at hand." Y need only to act upon the consciousness of this truth to ha your blessings in visible manifestation.

A good way to prepare your consciousness for blessings to follow the Prosperity Bank drill, a plan of prayer design to help you realize the presence of good in your life. Thousan of Unity students have followed this plan and have demo strated the blessings they desired. You too can have the bene of the Prosperity Bank plan, also the prayers of Silent Un for your success. All you need do is to write to us for a Pr perity Bank. The savings you place in the Bank each day part of the prayer and practice drill may be used for gift su scriptions for UNITY for your friends.

Unity School of Christianity, 917 Tracy, Kansas City 6, Mo.

Please send me a Prosperity Bank and ask Silent Unity to pray w me for a successful demonstration. I will use the drill seven weeks a save $3 for the three *Unity* magazine subscriptions (one year ea listed below:

Name .....

Street .....

City ..... State .....

Name .....

Street .....

City ..... State .....

Name .....

Street .....

City ..... State .....

SENDER'S NAME .....

Street .....

City ..... State .....

Please indicate postal zone number, if cities are so divided. U-

Happiness . . .

a goal of life

esides success in your chosen field of endeavor, an ortant goal for a completely satisfying life is happi- s. The way you live from day to day, your associations h others, how you occupy your leisure time, all con- ute to your happiness.

Progress toward happier living" is the keynote of OGRESS, Unity's illustrated monthly magazine. It tains ideas for living more abundantly, for gaining the est blessing from association with others, and for zing profitably the leisure hours at one's disposal. ause the articles, poems, and stories in it point the to a life of greater happiness, PROGRESS makes a ndid supplement to Unity magazine.

you are not already a PROGRESS reader, why not this Unity periodical to your library of Unity lications?

ike Unity magazine, PROGRESS is priced at $1 a .

UNITY SCHOOL OF CHRISTIANITY

917 TRACY, KANSAS CITY 6, MO.

Our Daily Bread

Mable Hatton Marks

"Give us this day our daily bread"–
Not only for the body's need, this prayer,
But for the substance, the holy fare
By which the soul is fed.

The hunger spiritual! It is supplied
By rich communion in that inner room,
The heart, where dwells the gracious Christ through whom
All wants are satisfied.

For Christ, the bread of life, gives strength to face
All problems that besiege the night and day,
All happenings along life's varied way,
With wisdom, love, and grace.